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LUNCH RUSH
SATISFY YOUR CRAVINGS AT SHAWARMA KNIGHT
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BEATS THE GYM
STUDY SHOWS DOG OWNERS STAY ACTIVE {page 22}

CALGARY metro®
Tuesday, November 29, 2011
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News worth sharing.

Creating a Plan B for rec centres

Federal government informed mayor it would not be providing $100 million in recreation-centre funding

KATIE TURNER
@METRONEWS.CA

Coming up with a Plan B for funding four recreation centres will take some time and may mean compromising, according to the mayor.

Last week, the city was informed it would not get any money for four recreation centres from the federal government — money that the city says was all but guaranteed.

Mayor Naheed Nenshi said he has tasked the recreation department with coming up with alternate options for funding the badly needed facilities.

"It will take us some weeks or months to come up with new models," he said. "We may not be able to build the rec centres to the level, the size that we desired ... but it is absolutely clear that those areas of the city need recreation facilities and we have to find a way to do it."

Parent and president of the South East Recreation Society Stephanie Campbell said there is only one option in her mind.

"To me, neither waiting longer or building smaller is an acceptable option," she said. "We should be building the facilities that we've spent the last three years making sure work."

All. Smiles

▶ Quintin Howden, from Oak Bank, Man., tries on a jersey and a team hat after being named to the roster for Canada's 2012 national junior team selection camp for the second year in a row at a press conference in Calgary. For more on the camp, see page 27.

JEFF MCINTOSH/THE CANADIAN PRESS

Canada's top 41 world-junior hopefuls selected

Prevention

Difficult drug to discuss

Kids using ecstacy put parents in difficult situation, expert says
{page 5}

Lonely, I am so lonely

A look at the adverse effects of loneliness
{page 23}

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Closures remain

City crews had cleared most of the debris caused by Sunday's violent storm as of midday yesterday; however, some closures remain in place. Calgary Emergency Management Agency head Bruce Burrell said it could be a few days before the 3rd Street
C-Train station and adjacent pathway reopen, as repairs are still pending on a nearby building. The cleanup also continued outside the core, as provincial officials said pathways on the west side of Fish Creek Provincial Park would remain closed until damaged trees are removed. METRO

Insurance coverage

Home and business owners impacted by Sunday's violent storm can rest easy knowing most policies cover wind damage, says a representative with the Alberta branch of the Insurance Bureau of Canada.

"Consumers whose property was affected by the storm should contact their insurance representative as soon as possible to start the claims process," Doug Noble said in a release yesterday. The release also specified that automobile policies will typically cover wind damage. METRO

METRO FILE

▶ Downtown travellers watched in awe Sunday as crews worked quickly to secure areas blanketed by debris during a violent windstorm.

Windstorm toll could have been worse, officials say

- Millions in damage caused by Sunday gales, says fire chief
- LRT service in downtown core restored in time for evening rush hour

JEREMY NOLAIS
@METRONEWS.CA

Extra measures to secure highrise construction materials and a new early-warning system were key in preventing deaths during Sunday's windstorm, officials said yesterday.

Gales in excess of 150 km/h dislodged materials from Calgary's tallest buildings, and eyewitnesses reported flying construction materials as the likely source of some windows being smashed at TD Square, but overall the damage was relatively manageable, said Calgary Emergency Management Agency (CEMA) head Bruce Burrell.

"We're the luckiest city in the world, I've got to tell you," he said.

Luck may have played a role, but the city's chief building official, Kevin Griffiths, was quick to point out his team has been working closely with the construction industry to ensure all precautions are being taken, especially at downtown sites.

Safety concerning highrise construction sites was thrust into the spotlight following an August 2009 tragedy that saw three-year-old Michelle Krsek struck and killed by a piece of metal that had fallen 18 storeys from a hotel site.

"I do believe we are in a better place than we were three years ago," Griffiths said. "I don't believe our work is done.... We did have a few minor incidents outside the core with regards to construction sites but no injuries."

Windy city

- One firefighter was taken to hospital after suffering a glass cut to his hand during the windstorm Sunday.
- Communications workers for both 911 and 311 received five days' worth of calls between 1 p.m. and 5 p.m. Sunday, CEMA head Bruce Burrell said yesterday.

1 news

Police blotter: Frosty the Snowman catches an assault beef after an alleged scuffle with police at a Christmas parade in Maryland. Scan the code for the story.

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On the web at metronews.ca

Make sure the bottle caps are securely fastened to your ugly stick, because it's time for the mummers parade in St. John's. Video at metronews.ca/video

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GIRL IN HOSPITAL

Child struck at crosswalk

Emergency crews rushed an 11-year-old girl to hospital yesterday after she was struck by a vehicle while crossing a Calgary street.

The incident took place around 7:45 a.m. at the intersection of 44th Street and 11th Avenue Southeast, according to a release.

The child was crossing at a marked crosswalk when she was hit by a northbound Ford Explorer and propelled approximately 20 metres.

The girl was taken to the Alberta Children's Hospital, where she remained last night.

The driver of the vehicle was not injured in the incident. METRO

Tunnel construction on time, on budget

KATIE TURNER /METRO

▶ Longtime proponent of the airport tunnel Ald. Jim Stevenson stands in front of the partially dug project.

It's on track to be completed by the spring of 2014

KATIE TURNER
@METRONEWS.CA

Months into construction of one of the city's most contentious pieces of infrastructure, officials say the airport tunnel is on track.

Ward 3 Ald. Jim Stevenson and the city's general manager of transportation Mac Logan were on hand yesterday to share the first glimpse of the tunnel.

"Everything's going as planned," said Logan. "So far, so good"

Logan said the first phase was to dig directly below where the airport is planning to build a new runway.

"As per the contract, if we delay their project, then we are liable for the costs. That's why it's critical that we work together."

Although the project was approved in the spring, criticism from some aldermen has continued.

Stevenson said he stands behind council's decision to spend $295 million to construct the tunnel, adding that additional money, to the tune of more than $50 million, will eventually need to be spent on interchanges in the area, but those are years away.

"I think it will be 10 to 15 years before Calgarians understand how important this decision was," he said.

"I would have been very happy with just putting the tunnel in, putting it in a box and closing it in at each end, because we don't need this road for another 10 years likely. But the fact is, we're going to have it now."

Six traffic lanes

- The tunnel will be 620 metres in length once complete.
- It will be approximately 36 metres wide and will accommodate six lanes of traffic, as well as having enough space for an LRT line.

Ald. says tunnel cost will rise

One alderman argues the true cost of the tunnel is not $295 million because of all the interchanges the city will have to build in the future.

"The fact is, we're building a tunnel that goes nowhere, connects to nothing and is patently useless," said Ald. Gord Lowe. "When we start connecting it, the costs go up astronomically." KATIE TURNER

Group wants war criminal tried in Canada

An Ottawa-based justice group says Canada should prosecute an alleged Guatemalan war criminal instead of extraditing him to the U.S.

Jorge Vinicio Orantes Sosa, who holds both Canadian and American citizenship, remains in custody in Calgary as he appeals his extradition back to the United States on immigration charges.

Matt Eisenbrandt of the Canadian Centre for International Justice told a Calgary news conference that Canada has the ability to prosecute Sosa on war-crimes charges.

251 The 53-year-old is also wanted by Guatemalan authorities for allegedly participating in attacks on a village in 1982 in which 251 men, women and children were massacred during that country's civil war.

He says trying Sosa on immigration charges sends a message that people who are charged with such atrocities won't be held accountable

Sosa was arrested by police in January when he was visiting family in Lethbridge. THE CANADIAN PRESS

RICK MERCER REPORT
Tonight, Rick joins the Celebrity Clowns at the 106th annual Toronto Santa Claus Parade.
Tonight at 8/8:30NT
followed by 22 Minutes and
Michael: Tuesdays and Thursdays
cbc.ca/mercerreport
CBC

News in brief

METRO FILE

▶ Telus Spark

Council ups cash for Spark

Telus Spark got a boost to their operating budget after city council restored funding for the new facility during budget deliberations yesterday.

The city chose to pull money from its fiscal stability reserve to put towards Spark.

Earlier this month, Spark CEO Jennifer Martin said the centre faced a more than $550,000 shortfall over the next three years because the city proposed to decrease funding. METRO

Future teachers get a boost

Aiming to aid Calgary's next generation of teachers, a bank announced a $500,000 donation to Mount Royal University yesterday.

The money from CIBC will be put towards bursaries for students enrolled in the Bachelor of Education — Elementary program, one of the institution's newest offerings. METRO

RCMP probe stabbing death

Officials scoured a Didsbury home for clues yesterday after a stabbing death late Sunday.

Few details have been released, but police identified the victim as a 37-year-old male.

Didsbury is located about 65 kilometres north of Calgary. METRO

Ecstasy: Hard topic for parents

▶ Teenager fighting for life after ingesting substance on weekend ▶ Even small amount of drug can be fatal

JEREMY NOLAIS
@METRONEWS.CA

RCMP HANDOUT/THE CANADIAN PRESS

▶ Ecstasy is typically sold as a pill or tablet. Drug dealers have been known to target high school students when looking to offload the drug.

Discussing the dangers of ecstasy with kids can pose more of a challenge to parents than other, more commonly used drugs like alcohol and marijuana, says a Calgary expert.

On the weekend, eight teenagers were rushed to hospital after taking a substance believed to be ecstasy during a house party in Harvest Hills.

Cheryl Houtekamer, program supervisor with Alberta Alcohol and Drug Abuse Commission (AADAC), said the problem with man-made substances is any amount can be potentially lethal, so parent talks regarding moderation are not really useful.

"With drinking, you can talk with your child, especially as they get older, about drinking and driving and leaving your drink unattended and spacing drinks out," she said. "It's hard to have a conversation around safety when using ecstasy."

Statistics on teen drug use from 2008, the latest year available, do not give a clear indication that ecstasy use is on the rise but suggest the drug rivals codeine for the most commonly abused substance after alcohol and marijuana.

Ecstasy facts

- Ecstasy's chemical structure is similar to that of amphetamine (a stimulant) and mescaline (a hallucinogen).
- Side effects can include increased blood pressure and heart rate, increase body temperature and paranoia.
- Despite it being a concern for anti-drug advocates, statistics indicate only roughly four per cent of high-school-aged children admit to trying ecstasy.
- Alberta Health Services spokesperson Stuart Brideaux said the drug is often cut with other, potentially even more dangerous, substances such as ketamine, which is typically used to tranquilize horses.

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Parking money is necessary revenue: AHS

Neurologist wants Canadian hospitals to stop charging patients and families for parking privileges
Calgarians attending hospitals agree with that idea

HEATHER MCINTYRE
@METRONEWS.CA
METRO CANADA IN EDMONTON

The buck should stop at paying to park at hospitals, says to the Canadian Medical Association Journal.

An editorial by acting editor Dr. Rajendra Kale, an Ottawa neurologist, says parking charges are a user fee in disguise and an impediment to good care.

But according to Alberta Health Services, the money is needed.

"The parking fees are collected centrally, and they offset our expenses," said AHS' Penny Rae, pointing out parking costs total $60 million this year while revenue is $55 million.

Multiple parking facilities have been constructed this year and more are needed, said Rae, adding the money also keeps the lots functioning.

But those heading in and out of the facilities agree with Kale.

"It should be removed," said Jordan Allison, as he prepared to fork out $26 to visit his girlfriend twice at the Peter Lougheed Centre yesterday. "It's a hospital; it's not like I'm choosing to be here. It feels like they are more or less just screwing you even more."

Kam Purewal, father of a newborn, estimated he handed over $40 during three trips to the hospital in recent days.

"It's not bad, but there should maybe be more subsidizing for people that have to stay here for longer," he said.

WITH FILES FROM JEREMY NOLAIS

Driving the issue

- Every year, Alberta Health Services does a market survey for parking rates, keeping them consistent in each geographical area.
- Monthly parking at hospitals ranges between $65 and $116 in Edmonton, while a daily rate in Calgary averages $13.
- The Canadian Medical Association Journal takes issue with hospital parking fees, saying it ignores basic principles in the Canada Health Act — that citizens should have access to health care without financial or other barriers.

JEREMY NOLAIS/METRO

Alberta Health Services
Parking Rates
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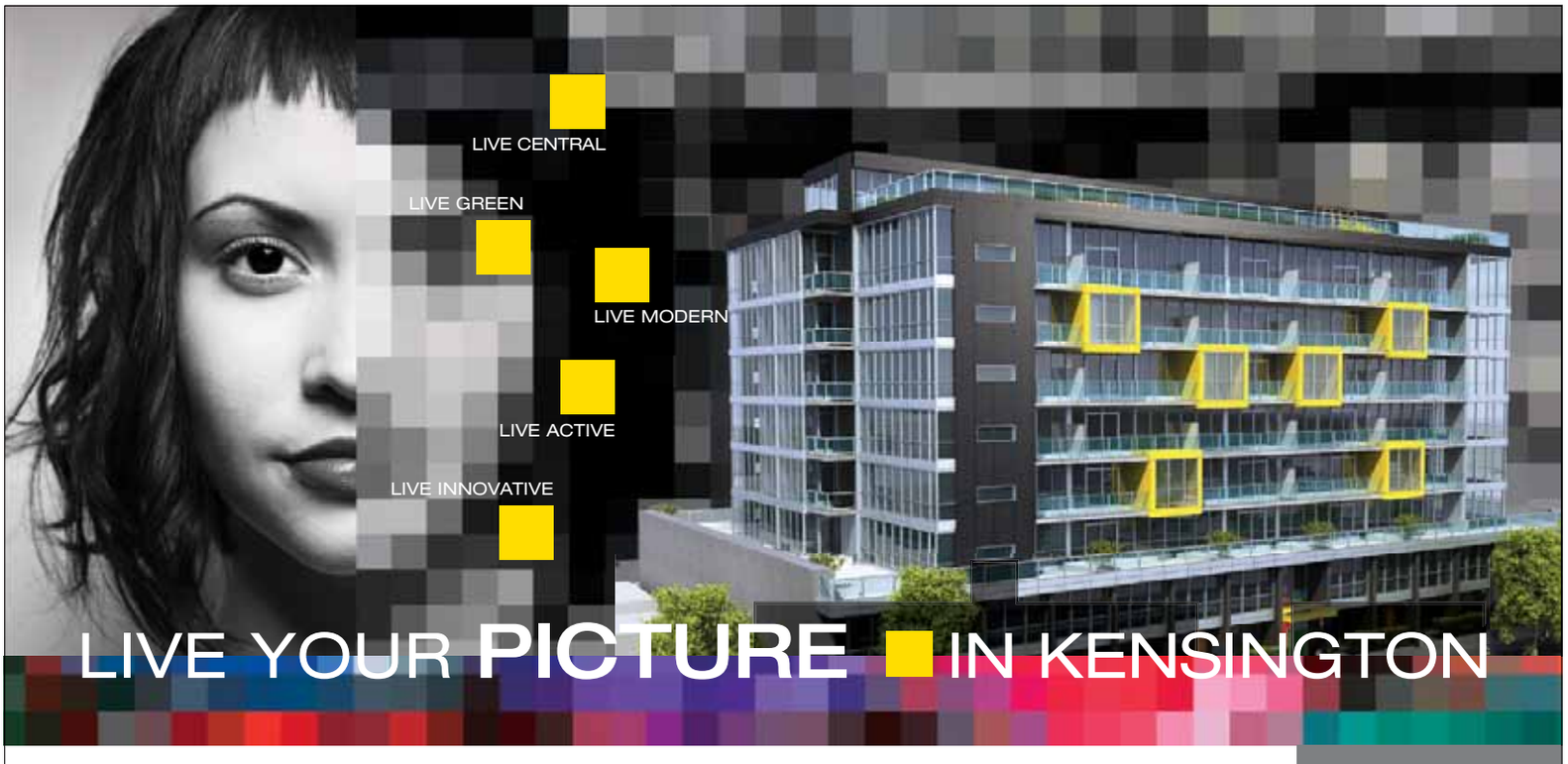
▶ Hospital visitors pull out of the Peter Lougheed Centre's short-term parking lot yesterday, handing over between $1.75 and $13, depending on their length of stay.



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Egypt heads to the polls for first free election in decades

BERNAT ARMANGUE/THE ASSOCIATED PRESS

▶ An Egyptian woman holds up an inked finger that shows she has voted.

Parliament that emerges from vote may have little relevance if military sharply limits its power

They waited in long lines for hours to vote, despite a new wave of unrest, fears about a sharply divided society and uncertainty over the nation's future.

For the millions of Egyptians who cast ballots yesterday, the first parliamentary elections since they ousted Hosni Mubarak were a turning point in history — if for no other reason than they were finally getting a chance to be heard after decades of rigged voting.

The outcome will indicate whether one of America's most important Middle East allies will remain secular or move down a more Islamic path, as have other countries swept up in the Arab Spring.

"If you have waited for 30 years, can't you wait now for another hour?"
AN ARMY OFFICER, YELLING AT HUNDREDS OF RESTLESS WOMEN AT A POLLING CENTRE IN CAIRO

"I have hope this time," said Amal Fathy, a 50-year-old government employee who wears the Islamic veil, as she patiently waited to vote. "I may not live long enough to see change, but my grandchildren will."

Since the uprising that forced out Mubarak nearly 10 months ago, Egyptians had looked forward to this day as a celebration of freedom after years of stifling dictatorship. Instead, there has been deep disappointment with the military rulers who replaced the old regime and a new wave of protests and clashes that began 10 days before the vote.

If there was little jubilation, there was hope — and even defiance — with many determined to either push the military from power or vote against the Muslim Brotherhood and other Islamist groups who are expected to dominate the balloting.

THE ASSOCIATED PRESS

Thailand. Floods

▶ A Thai woman texts on her cellphone as she wades through knee-high floodwaters on the outskirts of Bangkok yesterday.

ALTAF QADRI/THE ASSOCIATED PRESS

Rolling in the deep

This year's record monsoon rains have prompted Thailand's worst flooding in half a century. Water levels are slowly beginning to recede in the region as cleanup efforts continue throughout the country.

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News in brief

Security staff should be monitored for racism: Report

National security agencies should collect race-based and other statistics about their operations in order to track whether they discriminate on the basis of characteristics like race, disability, religious or ethnic origin, says the Canadian Human Rights Commission.

A special report to parliament by the federal commission calls for mandatory transparency and accountability from the dozen or so agencies that do the bulk of national-security work. At a minimum, it says, the RCMP and CSIS should be compelled to do so. **TORSTAR NEWS SERVICE**

Swastikas and 'KKK' painted on vehicles

Someone is spray-painting offensive and racist slurs all over vehicles in southwestern Ontario's Elgin County.

Provincial police say bright yellow spray paint was used to mark three vehicles this weekend. In one instance, a vehicle was marked with yellow swastikas and the letters "KKK." **THE CANADIAN PRESS**

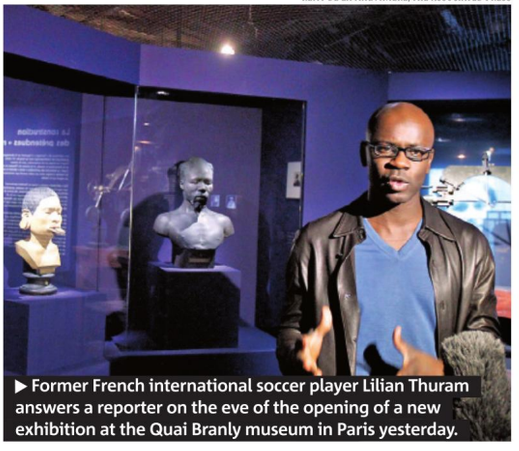
Plant-eating dinosaur existed

A 66-million-year-old partial skeleton discovered in Saskatchewan has been confirmed as a new species of plant-eating dinosaur. The new species has been named Thescelosaurus after Saskatchewan's Assiniboia district, where it was found.
THE CANADIAN PRESS

Colonial racism on display

Exhibit's curator and former soccer player has suffered racist insults himself, on and off the field

REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS



▶ Former French international soccer player Lilian Thuram answers a reporter on the eve of the opening of a new exhibition at the Quai Branly museum in Paris yesterday.

It's a queasy experience, viewing chained tribal dancers do a white man's bidding, or African women stripped and photographed to feed European curiosity.

Until just a few generations ago, this is how most white people learned about those with skin of a different shade. A new Paris exhibit examines how for centuries, colonizers plucked villagers from Africa, the Americas or the South Pacific and put them on display half a world away. The demeaning tradition shaped racist attitudes that linger today.

Curator Lilian Thuram, a former soccer star and now an anti-racism advocate, hopes the exhibit at the Quai Branly Museum in Paris makes people question deep-held beliefs about the "other."

"You have to have the courage to say that each of us has prejudices, and these prejudices have a history," he said.

It's a delicate undertaking for a museum: exhibiting offensive images without glorifying them, urging visitors to look closer and be repulsed.
THE ASSOCIATED PRESS

Offensive images

- Many of the subjects of this colonial cruelty remain nameless, and forgotten to history. "Zulu Mealtime," one photo reads. "Bushmen." "Indian Chief." "Negro Head."
- An old film reel shows a Frenchman barking commands at two dark-skinned dancers in headdresses so cumbersome, their faces are barely visible.
- But some have been identified, including the great-grandparents of Thuram's 1998 World cup teammate Christian Karembeu, shipped to Paris from the French Pacific territory of New Caledonia and exhibited as "cannibals."
- Just when you think the exhibit is all about the past, a familiar venue jumps out: New York's Coney Island features in an old "freak show" poster.

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- Southgate Mall (kiosk)
- St. Albert Trail at 137 Ave.
- West Edmonton Mall
- West Edmonton Mall (kiosk)
- Westmount Centre
- Whyte Avenue at 107 St.

FORT MCMURRAY
- 19 Riedel St.
- Peter Pond Shopping Centre

GRANDE PRAIRIE
- Prairie Mall

LEDUC
- 4916 – 50th Ave.

LETHBRIDGE
- Park Place
- SmartCentres Lethbridge

LLOYDMINSTER
- Lloyd Mall

MEDICINE HAT
- Carry Drive Plaza
- Medicine Hat Mall

PEACE RIVER
- 10032 – 100th St.

RED DEER
- Bower Place Shopping Centre
- Parkland Mall

ROCKY VIEW
- Crossiron Mills Mall

SPRUCE GROVE
- Creekside Centre

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- St. Albert Centre

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Dad accused of honour killings sheds tears at trial

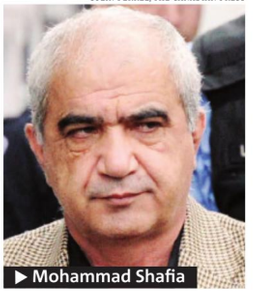
Extensive toxicology tests done on bodies of three sisters, relative Victims drowned, doctor testifies

A father accused of murdering his three daughters and first wife to preserve the Muslim family's honour convulsed in quiet sobs yesterday as autopsy photographs were shown in court.

It was a rare sign of emotion for Mohammad Shafia, who earlier in the proceeding smiled and chatted amiably with his lawyer.

The Shafia's co-accused wife and mother of the girls, Tooba Mohammad Yahya, was allowed to leave court before the testimony, in which a forensic pathologist said the females drowned and showed no signs that they had taken or been administered any drugs or alcohol.

COLIN PERKEL/THE CANADIAN PRESS



▶ Mohammad Shafia

Before the slides were shown, Crown lawyer Gerard Laarhuis warned they could be distressing.

"These are graphic photographs," Laarhuis said. "People need to be prepared to see them."

Shafia's son, Hamed, who is also accused of first-degree murder in the deaths of his sisters, rubbed his eyes as the slides showing the dead women were put up on large screens in Ontario Superior court.

Bodies of the sisters, Geeti, 13, Sahar, 17, and Zainab, 19, were retrieved from a submerged car in a Kingston, Ont. canal in June 2009, along with their father's first wife Rona Amir Mohammad.

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Teen refuses to 'tweetract'

[illegible] on Twitter, Emma Sullivan gets to about 3,000 followers, up from 65

A U.S. teenager who wrote a disparaging tweet about Kansas Gov. Sam Brownback said yesterday she is rejecting her high school principal's demand for a written apology.

Emma Sullivan, 18, said she isn't sorry and doesn't think such a letter would be sincere.

The Shawnee Mission East senior was taking part in a Youth in Government program last week when she sent out a tweet from the back of a crowd of students listening to Brownback's greeting. From her cellphone she thumbed: "Just made mean comments at gov. brownback and told him he sucked, in person #heblowsalot."

"I would do it again."
EMMA SULLIVAN

She actually made no such comment and said she was "just joking with friends." But Brownback's office, which monitors social media for postings containing the governor's name, saw Sullivan's post and contacted the Youth in Government program.

Sullivan received a scolding at school and was ordered to send Brownback an apology letter.

THE CANADIAN PRESS

Occupy. L.A.

▶ Occupy Los Angeles supporters cheer after the LAPD reopened streets and left the camp in front of Los Angeles City Hall yesterday.

BRET HARTMAN/THE ASSOCIATED PRESS

Protesters defy eviction

Los Angeles Mayor Antonio Villaraigosa had said last week that the protesters' campsite would be dismantled beginning at midnight yesterday.

No charges in hockey hazing

Neepawa RCMP say no charges will be laid after a rural Manitoba hockey team was accused of assaulting players during a hazing incident.

A wave of parental and media outrage was unleashed in late September after a 15-year-old boy and his parents went public about the incident, in which they claimed the teen had been forced to parade around the locker room with a water bottle carrier tied to his scrotum.

Manitoba league

- The hazing scandal saw assistant coach Brad Biggers resign from the team after four players said he was present when it happened.
- The Manitoba Junior Hockey League also suspended 16 players as well as the head coach.

They also claimed seven teens in total were subjected to the treatment.

ELISHA DACEY IN WINNIPEG

Fraudster targeting seniors

Police in Winnipeg are on the hunt for a man posing as a maintenance worker in senior citizens' apartment complexes.

Police said the man has targeted several complexes, where he poses as a family member to get inside. Once he gains access, he goes to various suites pretending to be a security guard or maintenance worker.

ELISHA DACEY IN WINNIPEG

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Canada's economy still at risk: OECD

- Harsher fate for countries if Europe's mess spreads
- Domestic confidence down, export sector limited

Europe's debt problems and the global slowdown have weakened Canada's economy and pose even graver risks going forward, warns the Organization for Economic Co-operation and Development.

The OECD said yesterday that Canada is currently going through a rough patch of weak growth because of the deteriorating external environment.

The OECD expects Canada's economy to muddle through and post a soft 1.9 per cent advance next year, followed by a stronger 2.5 per cent expansion in 2013, but all bets are off if the European debt crisis spreads beyond the continent.

"Prospects only improve if decisive action is taken quickly," said chief economist Pier Carlo Padoan.

While most of the risks stem from Europe, Canada is not totally blameless, the OECD says, citing "high levels of household indebtedness (that) are eroding consumer confidence."

The International Monetary Fund and the Economist magazine have flagged record levels of household indebtedness as risks to the Canadian economy. Household debt is at about 150 per cent of disposable income, an all-time high.

Still, Canada's economic expansion over the next two years will vie with the U.S. for tops in the G7 — which also includes euro-zone members Italy, France and Germany.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 178.15 (11,640.21)	+ 1.29¢ (96.58¢ US)
Oil	**Natural gas**
+ 1.44¢ US ($98.21 US)	$3.364 (- 17.8¢)
	Gold
	$1,710.80 (+ $25.10)

Smarter. Car

▶ Toyota Motor Corp. unveiled futuristic concept car Fun-Vii yesterday at the upcoming Tokyo auto show, which opens to the public this weekend.

KOJI SASAHARA/THE ASSOCIATED PRESS

Tweet at the touch of a car door

Resembling a giant smartphone, the car works like a personal computer and allows drivers to connect with others with a tap of a touch-panel door.

12 days of expenses

The price of partridges, pear trees and turtle doves has spiked, pushing the cost of every items mentioned in the carol, The Twelve Days of Christmas, above $100,000 for the first time.

The 364 items repeated across the verses would cost $101,119, an increase of 4.4 per cent over last year, according to the annual Christmas Price Index compiled by PNC Wealth Management. The broader government Consumer Price Index increased by 3.9 per cent over the same period.

Those with the money to spend would end up with 12 drummers drumming, 22 pipers piping, 30 lords-a-leaping, 36 ladies dancing, 40 maids-a-milking, 42 swans-a-swimming, 42 geese-a-laying, 40 gold rings, 36 calling birds, 30 French hens, 22 turtle doves, and 12 partridges in pear trees (excluding bird maintenance). Buying just one set of each verse in the song will cost $24,263 this year — a moderate 3.5 per cent rise. THE ASSOCIATED PRESS

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Ex-teen singer talks tabloid torment

Latest inquiry witness to tell how press invaded privacy, damaged life

She was just 13 when Rupert Murdoch asked her to sing at his wedding.

Charlotte Church was given a choice: a 100,000-pound fee or a chance to generate goodwill with the media magnate by performing for free. She wanted the cash, but her record company and manager said no, it was better to make friends with Murdoch, head of a global news and entertainment empire.

"Despite my teenage business head screaming 'Think how many tamagotchies you could buy!' I was pressured into taking the latter option," she told Britain's press ethics committee. "This strategy failed ... for me."

Church, 25, told Britain's media ethics inquiry yesterday that the Murdoch press, and other British tabloids, had ruthlessly tormented her since she was a child singing sensation, blowing her credibility "to bits" and badly damaging her career.

She said press intrusion had a devastating impact on her family life and particularly on her mother. Church said her mother had tried to kill herself in part because she knew a newspaper was planning to expose her husband's extramarital affair.

The singer told the inquiry how cameramen tried to take photos up her skirt and down her blouse and published "intimate" details about her sex life when she was just 17. "I've been made a caricature for so long, and this person portrayed in the tabloids really isn't me," she said.

Prime Minister David Cameron set up the inquiry in response to the scandal that began with illegal eavesdropping by the News of the World tabloid.

THE ASSOCIATED PRESS

JOEL RYAN/THE ASSOCIATED PRESS

▶ British singer Charlotte Church arrives at an awards ceremony in London on Oct. 25, 2010.

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GIVING UP ON HIGHRISE LIVING

SHE SAYS ...

JESSICA NAPIER
METRO

Last weekend I moved — an entirely frustrating and time-consuming ordeal that we all go through at least a few times in our lives. After 16 months in a cookie-cutter condo building, I left my highrise rental for something entirely different.

I found a newly finished basement apartment in a beautiful Victorian house on a wide leafy street a mere 15-minute walk away from my old address. And even though my postal code remains the same, my new place feels a world away from the glass and concrete wasteland I once called home.

Back on street-level (well, I guess technically I'm below it) there is a whole world I had forgotten about, a diverse neighbourhood where people manicure their lawns and next door's cat prowls by your window.

Subterranean living has its deficits for sure — natural sunlight is at a minimum and cellphone reception is spotty at best. Taking out the garbage has become a real chore rather than something I could send down a magical "someone else's problem" chute.

"I never anticipated that a basement would feel less claustrophobic than a brand new apartment, and, yet, your rental dollars go a lot further when you invest them underground. Despite the low ceilings, the space feels vast in comparison to my 500-square-foot cube."

And, yes, the view leaves a lot to be desired (the view is dirt; it's a basement, remember). But you know what? The lookout on the 21st floor had its problems too. It was unnerving how easy it was to peer into the private goings on of the residents in the adjacent condo development. After a while it started feeling a little bit too much like Rear Window for my liking.

I never anticipated that a basement would feel less claustrophobic than a brand new apartment, and, yet, your rental dollars go a lot further when you invest them underground. Despite the low ceilings, the space feels vast in comparison to my 500-square-foot cube. I'm no longer tripping over my furniture and I can actually have more than two guests over for dinner; I just can't invite anyone over six-foot-six.

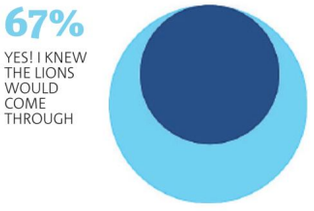
I'm sure the novelty will wear off eventually, but for now living in a brick-and-mortar-home again is oh so charming. I'm comforted by the ambient noise of the furnace and footsteps overhead. Rather than suffocating on recirculated condo air, I wake up in the morning to a refreshing chill of a real house.

Downtown space is at a premium and building upwards is the obvious solution for overcrowded cities. But while vertical living is an unavoidable reality, I'm not sure that people are meant to live 20-something floors up in the air. There's just something much more human about being back down to earth.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Did you win your Grey Cup bet?



Local tweets

@Time4 Thomson: @Cityof Calgary staff. Great job getting #yyc up and running after yesterdays storm. I held every sneeze as to not contribute to wind gusts.

@mikejwiseman: I just crushed the #law portion of the #realestate #broker course in #yyc. No biggie.

@dpsouthcalgary: Can't believe our Open House signs stayed up yesterday. Keller Williams signs r heavy. My basketball net backboard shattered tho :(#yyc

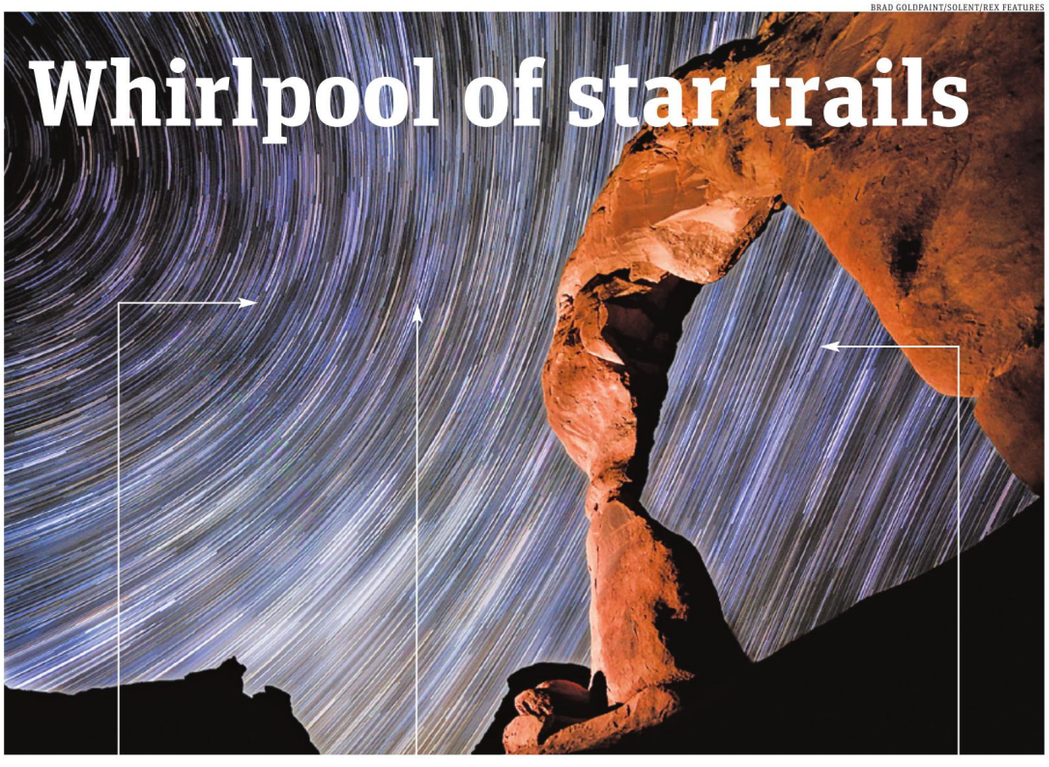
@newsboycallsen: So @lonnietaylor is basically riding all over #yyc on his bike today bringing us the news. Because he wants to, not because it's his job.

@cisum589: I really do hate group presentations... #mru #yyc

@InsaneKumquat: Setting up christmas lights at the AB Childrens Hospital was great! #yyc #ChildrensHospital #Christmas #Enmax

@haileypinto: People, I'm desperate to find a couple of snow globes of Calgary! Anyone??? #help #yyc #lastofthegifts

BRAD GOLDPAINT/SOLENT/REX FEATURES



Whirlpool of star trails

Camera snaps starry beauty

THOMPSON, UTAH. The slow motion of a wild, starry night was captured in a single frame by photographer Brad Goldpaint, who shot this image from a 305-metre shear drop in Arches National Park. Brad trekked 2,092 kilometres across the States, snapping landscapes to capture "inspirational elements within the natural world." MWN

"I want to illustrate the unknown and put it together with earthly landscapes."
BRAD GOLDPAINT, PHOTOGRAPHER

Snap a 'star trail'

- **Use a sturdy tripod.** Any movement will put "squiggles" in your trails.
- **Use a wide-angle lens.** The 35mm equivalent of 20-50mm focal length is good.
- **Open the shutter.** Leave it open as long as possible. Longer exposures mean longer star trails.
- **Choice of camera.** "Nikon. I shoot in a raw-image format."

They call these lines 'star trails'

PHOTOGRAPHY. Hallucinatory, spell-binding — perhaps nauseating? These are star trails, a feature specific to astrophotography. They are lines of light made using time-lapse photography: stars recorded as the Earth rotates over time by a camera with an open shutter to produce these stunning circular lines. MWN

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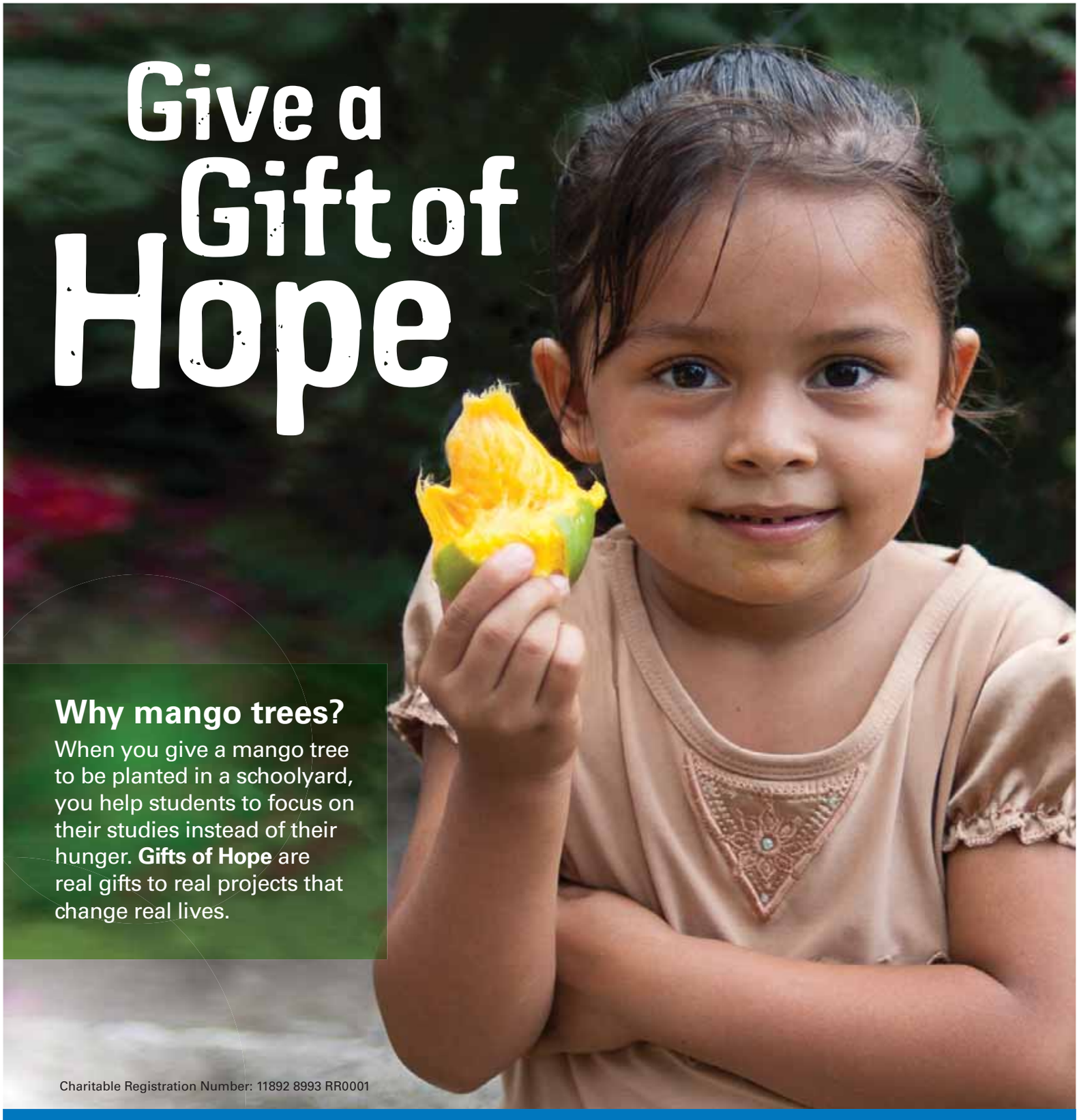
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Battle of the box sets

Do you have a music geek in your house? Check out some of these epic box sets
These collections dig deep to satisfy the hunger of the most rabid fans

U2: Achtung Baby Super Deluxe Edition Box Set

Longevity in the music business can be traced to a pivotal moment in an artist's career, and for U2, that milestone was Achtung Baby. The 1991 album represented U2 2.0, the point where the band reinvented itself. Now fans can experience the making of the classic recording with a box set that includes nearly as many discs as album releases. The album that spawned such classics as One and Mysterious Ways was recorded in Berlin during a tumultuous period for the band. After experiencing the mega-success of The Joshua Tree and the concert film Rattle and Hum, the band was at a crossroads. So they broke away from their families to find their sound in a distant land. After a great deal of tension, they found what they were looking for with One, and the rest fell into place. Not only were they able to churn out the remainder of the album, but they also recorded the follow-up, Zooropa. The collection consists of six compact discs and four DVDs, including the documentary, From the Sky Down, and a Zoo TV special. Other goodies include a hardcover book and 16 art prints. There's a scaled-down two-disc set that includes 14 additional tracks, and an uber-deluxe version that includes a set of collectible vinyl singles, a magnetic puzzle tiled box, and a pair of Bono's trademark Fly sunglasses.

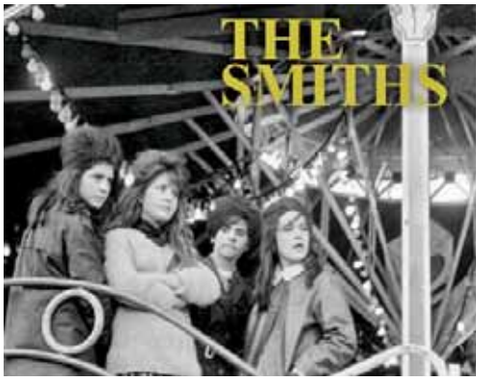
Nirvana: Nevermind Super Deluxe Edition

Working through the hours of material on this 20th anniversary celebration of Nirvana's Nevermind is an unexpectedly melancholy experience. When Nevermind hit the street in 1991, destroying hair metal in just a few bars of Smells Like Teen Spirit, it reshaped not just rock music but pop and punk and America. Listening to the various versions of Nevermind in this edition, one of two commemorative releases, reminds us that no one's really come close to carrying the standard in the years after Nirvana's fiery flare across the night sky. The super deluxe version is both fascinatingly deep and needlessly so at the same time. There are four discs with 69 cuts that include a remastered version of the original album, various B-sides, live cuts and unreleased versions and even a few early boom box proto-recordings that provide a glimpse at the evolution of Nirvana's biggest hits. There's also a book that includes photos and other artifacts from the period. The highlight of the super deluxe edition is the Nirvana: Live at the Paramount DVD of the band's Oct. 31, 1991, concert in Seattle. Things were just starting to blow up and the band is young and powerful.

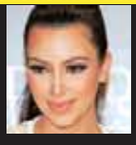
The Smiths: The Smiths Complete

This is a swank box set, in both CD and vinyl, containing all four studio albums released in an astounding flurry between 1984 and 1987 and four more discs of live bits and odds and ends. Morrissey's sweetly crooned rancour and cutting indignation remain a soothing balm years later, and Johnny Marr's diamond-lattice guitar work is still every bit as engaging as it was in the mid-1980s, despite all the copycats and pretenders over the years. These albums were grenades lobbed at the establishment at the time and should find fresh ears in the 21st century. Morrissey and his mates were reacting to the growing elitism of the wealthy and the many inequalities of modern society. Many of the same themes have re-emerged 25 years later in the age of Occupy Wall Street. The Smiths have aged very well. The Queen is Dead and Vicar in a Tutu remain vibrant and alive, the sneer still fresh on the lips. There is a Light That Never Goes Out and I Want the One I Can't Have remain just as heartbreakingly sad. And songs like How Soon is Now and London still rock with an unexpected ferocity. One disappointment is the light liner notes.

THE ASSOCIATED PRESS



Scene in brief



Justin Bieber is the king of the web in the U.S. but gets less love from his home country, according to year-end search results from Bing.com. According to Microsoft's search engine, Bieber was the top searched person in the U.S. in 2011 but barely cracked the Top 10 list in Canada at No. 9. The top searched celebrity in Canada was Kim Kardashian, while she was second in the U.S.

THE ASSOCIATED PRESS

Scan this code for the top searches on Bing.ca in 2011.

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My name is Lee Romanov and I launched one of the first Internet businesses in North America that made millions of dollars, even in the 90s.

After recently selling my business to Torstar (one of the largest media companies in Canada and owner of the Toronto Star) I combined all of my Internet experience along with my **immense frustration of technology** and created a website program called **IncomeActivator.com.**

You may know me as a Consumer Advocate helping people save thousands of dollars off their car insurance rates through the company I created, InsuranceHotline.com. It's a rate comparison website providing the lowest quote to drivers from over 30 insurance companies. You may also know me from my Talk TV show on CP24, or from my columns in either the Toronto Star or Globe and Mail.

Income Activator allows anyone, at any level, to own and operate a successful online business exactly like the pros. You can activate multiple revenue streams with the click of a mouse while having complete control over your website. You can put up your own pages, pictures, videos, links, create questionnaires and collect data even if you're a one finger typist; and not at all computer savvy.

You can tap into the millions of dollars flowing through the Internet every day.

If you don't have a product or service to sell, you can simply provide information on a topic you are interested in. IncomeActivator.com gives you the 'know how' and website to put this it into action.

You can put up ads that pay you when a visitor clicks on them, sell products or books, or get paid from lead generation, all with the click of a mouse. Income Activator works for any business imaginable.

A few weeks back IncomeActivator.com helped Pat Foran of CTV with the launch of his website and new book The Smart Savvy Young Consumer. Pat would not describe himself as an Internet or computer guy. He's a broadcaster, consumer advocate, and author, who has complete control over his website (www.PatForan.com) and Internet business where you can go right now and buy his books.

I lived through the frustration of trying to get clear answers to Internet questions.

I spent tens of thousands of dollars looking to experts for answers... like how to get search engines to display your website at the top of the search pages. What I found was that each internet expert had only one piece of the puzzle, and none of their solutions came with the technology to put this into action.

I learned... **if it's Not Actionable... it's Not Useful.**

I know from experience that an online business can be **Extremely Profitable** and can truly get people out of their financial struggles and allow them to do the things they're interested in and meaningful to their lives.

I am sick and tired of seeing these 'Get Rich Quick' schemes that take people's money and Do Not Work.

My heart goes out to business owners who spend good money only to have their websites out of date the day after it goes online. If you can't use your website as a marketing tool every day, it'll never be much more than an expensive brochure. You need to be able to go in and tweak your website regularly to capture new online search traffic, and expand your revenue streams.

If you're running Google AdSense on your website, Income Activator has it's own Pay Per Click program where you can keep 100% of the click revenue. It also has a built in Referral Program that tracks and bills for lead generation. You can also send out messages to your email lists, or create an online store that tracks and bills for you. It also has a secured Member's section you can activate.

Income Activator is designed to make you successful, not dependant, like other programs out there.

If you have a website you can easily transfer over your content to begin activating multiple revenue streams **I've made it embarrassingly simple.**

I also learned never take advice from someone that's never made money online.

When creating Income Activator I included both my marketing strategies and revenue streams.

Income Activator provides a real opportunity for wealth. It's not a get rich quick scheme.

If what I'm saying is of interest, **you need to be proactive as I'm limiting the sale** of the Income Activator website program to the first 2,100 people at an introductory price. You will then become part of a select group of people sharing their knowledge while growing their online business.

Owning your own online business is fun and exciting... it can make you rich when you know what to do and have the technology to do it. I am **making myself available for the next 3 weeks** to answer any questions related to online marketing or Income Activator specifically. **I invite you visit www.IncomeActivator.com now.** I am also giving away **one Income Activator website for Free...** all you need to do is tell me your best online marketing story.

What I know now is that……**if it's Actionable……it's Valuable!**

www.incomeactivator.com

DVD Releases

Buy it ◍◍◍◍◍ | Rent it ◍◍◍◍ Borrow it ◍◍◍
Yawn ◍◍ | Don't bother ◍

Sarah's Key
Genre: Drama
Director: Gilles Paquet-Brenner
Stars: Kristin Scott Thomas, Melusine Mayance, Niels Arestrup
◍◍◍
In this potent Holocaust drama, Julia (Kristin Scott Thomas) is an American investigative journalist working at a contemporary magazine in Paris. She seeks elusive facts regarding the infamous Vel' d'Hiv Roundup, the 1942 mass arrest of that city's Jews, many of whom were turned over to occupying Nazis by their collaborationist fellow Frenchmen. As Julia probes the poorly documented events of 1942, she uncovers evidence of a personal connection to them, evidence that changes everything she knows about her world. Once this truth is known, it can never be unknown, no matter how many people — her husband included, insist that it's ancient history. Meanwhile, director Gilles Paquet-Brenner (working from Tatiana de Rosnay's international bestseller as source material) introduces us to Sarah, a 10-year-old Jewish girl living with her parents and four-year-old brother in wartime Paris. When the gendarmes arrive at her home in 1942 to do the Nazis' bidding, quick-thinking Sarah (Melusine Mayance) hides her brother in a secret locked closet, promising to return for him. She keeps the key close, little suspecting how

difficult it will be to use it again. PETER HOWELL

Another Earth
Genre: Drama
Director: Mike Cahill
Stars: Brit Marling, William Mapother, Matthew-Lee Erlbach
◍◍◍
Starring director Mike Cahill's co-writer Brit Marling, this Sundance prize winner tells a sci-fi story within the realm of intense human emotion, and with minimal special effects. A double of planet Earth, called Earth 2, is discovered to be moving alarmingly towards Earth 1. But events that concern the protagonists are at ground level, beginning with a tragic car accident caused by astrophysics student Rhoda (Marling). Returning from a party of much imbibing, she's too busy marveling at Earth 2 from her car window to notice an approaching family sedan. A boy and his pregnant mom are killed in the crash. The father, former Ivy League music professor John Burroughs (William Mapother, TV's Lost), is left in a coma. Rhoda is sent to jail for four years. Upon her release, she learns Burroughs has come out of his coma, with no memory of the crash. To atone for her sins, she pretends to work for a cleaning agency, and offers a "free trial" to Burroughs, who is badly in need of assistance in his neglected country abode. As Rhoda scrubs away physical grime, will her psyche also rub clean?
PETER HOWELL

Our Idiot Brother
Genre: Comedy
Director: Jesse Peretz
Stars: Paul Rudd, Elizabeth Banks, Zooey Deschanel
◍◍◍
Comic smartie Paul Rudd is theoretically out of his comfort zone in this wry comedy, in which he's called upon to play a gentle soul, Ned, who is utterly without guile and thus always getting himself in trouble. Ned can be clueless — can't we all? — but he's no imbecile. He prizes sincerity in a world that runs on deception. Ned is brother to three demanding females: overprotective mother of two Liz (Emily Mortimer), abrasive Vanity Fair writer Miranda (Elizabeth Banks) and flaky party girl Natalie (Zooey Deschanel). Who's the real fool? Maybe Ned isn't as accident-prone as he lets on. PETER HOWELL

Dixie Chicks release DVD

Footage a 'gift' for waiting fans

Emily Robison admits it was a little "bizarre" watching Dixie Chicks Storytellers half a decade after it first aired.

The show was taped in 2006 and The Dixie Chicks multi-instrumentalist says it feels like a lifetime ago. So many things have changed, including the nation's political climate and the Chicks' ongoing, indefinite recording hiatus. The VH1 Storytellers installment, out today for the first time on DVD, is the only material coming from The Dixie Chicks any time soon.

"It's kind of a gift to our fans right now," Robison said. "Because I know they've been so patient and they're a bit frustrated with our lack of being out there right now. So it's just something we feel like we can put out there and give to them."

Storytellers was taped after the release of Taking the Long Way, the album that went on to win five Grammys, including album of the year, and now marks the end of the Chicks' discography for the time being. The group was still recovering from the controversy over singer Natalie Maines' 2003 comments against President George W. Bush and the looming war in Iraq. The Dixie Chicks lost about half their audience in the ensuing furor, but fought back in a powerful way, drawing support from many quarters.

THE ASSOCIATED PRESS

FILE PHOTO/THE ASSOCIATED PRESS

▶ The Dixie Chicks are still on a recording hiatus, but release a new DVD today.

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Seger's digital dive

Rocker jumps into the future after years in the biz

PAT HEALY
LIFE@METRONEWS.CA
METRO WORLD NEWS IN BOSTON

If you've ever looked for songs by Bob Seger & the Silver Bullet Band on digital outlets, you've likely been disappointed when the search yielded results by artists with names like Night Moves and the Ultimate Bob Seger Cover Band, and next to the song titles would be parenthetical disclaimers like "as made famous by Bob Seger."

But the classic rocker's reluctance to go digital has finally subsided. This year has seen the release of two live albums, a rarities collection and Seger's brand new ultimate hits compilation, Rock and Roll Never Forgets came out on digital on the same day it was in stores.

"I just felt it was time," says Seger. "I was after my management to do it. We're one of the last ones to do it, and I felt like I would like to have people have the opportunity to get it. As it goes along, we're still doing it piecemeal, but that's my management's decision, and I don't question that. I've had the same guy for 45 years, so I've been pretty fortunate so far, so I'm not going to question how he does business."

SCOTT LEGATO/GETTY IMAGES

▶ Bob Seger

Bob Miley or Lyin' Miley?

Cyrus retracts her statement about being a stoner

ALL PHOTOS GETTY IMAGES

▶ Miley Cyrus

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Hannah Bongtana, it's time to come clean.

After it surfaced over the weekend via The Daily that Miley Cyrus was presented with a Bob Marley-shaped cake at her 19th birthday party at the Roosevelt Hotel in L.A. and quipped, "You know you're a stoner when friends make you a Bob Marley cake — you know you smoke way too much f---in' weed," she is now retracting it, saying the video was all a "joke."

Her rep tells TMZ that Miley was joking about the cake and that the Bob Marley reference was because her friend Kelly Osbourne has been calling her Bob Miley since she saw a video of her ripping a huge bong hit last year.

Cyrus then claimed that it was salvia, a harmless herb, and not marijuana in the bong.

Cyrus's rep says that Miley is not a pothead.

Pfft. Right.

Because non-stoners are known for their love of all things Bob Marley.

My 74-year-old Republican mother has a giant Marley tapestry hanging in her living room because it matches her sofa.

Angelina Jolie, funeral director?

Angelina Jolie says the woman all the tabloids write about isn't her.

"I don't see those things. I don't know who they are but I assume they're not me. They're not who I am. They're not what I spend my day caring about. I find them quite shallow and often quite wrong," she tells 60 Minutes.

Jolie also reveals that aside from acting, she was interested at one point in becoming a funeral director. "It sounds like this very strange, eccentric, dark thing to do," she says. "If this whole acting thing didn't work out that was going to be my path."

METRO

▶ Angelina Jolie

Celebrity tweets

@Oprah

Think this mom with the girls in pageants is fulfilling "her" dream, not her daughters.

@rickygervais

Is there anything more boring and pointless than tweeting about someone's typos or syntax on twitter? It's f---ing TWITTER for Christ sake.

@MissKelly0

Taking my papa grocery shopping!

@ConanOBrien

Scotch looks delicious, but then you take one sip and it tastes like a leather furniture store that's on fire.

Pippa scores book deal

Royal sister-in-law Pippa Middleton has secured a nearly $600,000 advance to write a party planning book, according to the Mail on Sunday.

An auction for the socialite's project had reportedly been going on for weeks, with publisher Michael Joseph, an imprint of Penguin, coming out on top.

"It will be about entertaining and how to throw the perfect party," a source says.

"It's not just about being the perfect hostess — it will also include recipes and information about how to host different types of events."

The book, which Middleton is reportedly writing without the help of a ghostwriter, is due out in time for the 2012 holiday season.

METRO

3 life

A new study shows

Cupcakes are as addictive as cocaine

Processed, sugary foods are as addictive as cocaine or nicotine, say scientists from Yale University. When binge eaters were shown images of food, the decision making part of their brain experienced a surge dopamine in the same way an addict would respond to seeing drugs.

METRO WORLD NEWS

Canada's health-spending has 'mixed results' compared to other countries: CIHI

Get healthy, get a dog

A new study shows that dog owners stay more active than their counterparts during the winter Lead author suggests they can have positive effects beyond just increased activity

CELIA MILNE
LIFE@METRONEWS.CA

ISTOCK PHOTOS

A recent study once again proves what we all know — dog owners are better people.

Not rain, not ice, not snow, not sleet can keep your doggie off his feet.

People who own dogs benefit health-wise from their pet's need to go for walks all year long.

A recent study at the University of Calgary found that having a dog keeps owners active and walking, even in horrendous weather.

This is significant because a large percentage of Canadians — 64 per cent — are inactive during the winter. Who can blame them? In Calgary, in the dead of winter, sunset occurs less than eight hours after sunrise and the mean temperature ranges from -8.5 to 1.5 degrees C, say the authors. There's nothing like a pair of big brown, begging eyes and some adorable furry eyebrows to get you to don your mitts, hat, boots and parka, and get outside.

"By acting as cues for physical activity, dogs may help their owners remain active across seasons," says Parabhdeep Lail, lead author of the study and a medical student at the University of Calgary.

He and colleagues studied the walking habits of 428 Calgarians in both summer and winter. In the group, there were 115 dog owners.

The dog owners were at least three times more likely than non-owners to be consistent about walking in their neighbourhoods for recreation, the study found.

"This can have a positive effect on others in the community," reported Lail.

Seeing neighbours outdoors walking their dogs encourages non-owners to get out and walk and makes people feel safer in their communities.

Lail and his colleagues suggest that dog-friendly neighbourhoods — including housing that allows dogs and parks that support dogs — may assist in enhancing population health by promoting physical activity.

In winter

Physical activity can help prevent some chronic diseases.

Get active Physical activity tends to wane in wintertime, says Parabhdeep Lail, a medical student at the University of Calgary. Owning a dog may be a good antidote to winter inertia, he says. People generally know that participation in regular physical activity is important for the prevention of many chronic diseases, including type 2 diabetes, hypertension, cardiovascular disease, obesity, osteoporosis, some cancers, irritable bowel syndrome, dementia and depression.

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The effect of loneliness

A new study published in the American Academy of Sleep Medicine suggests that how lonely you are impacts how well you sleep We take one step further and find out other adverse effects loneliness can have on your life

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

John Cacioppo, an expert in the biological effects of loneliness, wants people to know that feeling lonely has nothing to do with being alone. You can suffer from loneliness yet be surrounded by people, if you feel as if you have no one you can trust or confide in.

"It's the subjective experience of loneliness that is harmful, not the actual number of social contacts a person has," he says.

When loneliness develops into a chronic condition, it becomes a risk to both mental and physical health.

You'll sleep like a baby, literally

Loneliness causes sleep to become fragmented.

"When you're sleeping, your guard is down. If you're lonely your brain will subconsciously know there's no one out there to protect you and this insecurity is what causes you to fret," explains Lianne Kurina, assistant professor of epidemiology at the University of Chicago.

Fatigue takes over as your body has less time to repair and recuperate.

You'll get comfort from cupcakes, not company

Lonely people seek sources of pleasure that aren't affiliated with others. Their body craves, and abuses, pleasurable substances such as fatty or sugary foods and alcohol. In a way, it's a form of self-medication, as these provide a superficial, short term high and make up for the lack of dopamine present in their system.

"Lonely people cave in so easily because as their brain is already on the look out for so many threats, it becomes less well tuned to controlling," explains Cacioppo.

You'll be more prone to catching the flu

We are genetically designed to adapt to loneliness. We become more vulnerable to viruses as our body focuses on fighting bacteria.

"Viruses are affiliated with human contact (sneezing, saliva) but if you're lonely your brains identifies physical contact as non existent or hostile so drives all your energy into healing cuts or abrasions," says Cacioppo.

Stress will take over your body

Chronic loneliness activates the sympathetic nervous system. Responsible for coordinating the body's 'fight or flight' response to stress, the system is designed to prepare the body for looming threat.

This state of alert triggers a number of physiological changes. Vascular resistance goes up, tightening of the arteries, which raises blood pressure. Levels of cortisol, the stress hormone used as an emergency supply of energy to boost the immune system, increase."

bodhi

Achieving Oneness with Higher Soul by Master Choa Kok Sui teaches to become One with our Higher Soul, One with the "I AM", The Christ, The Buddha, The Shiva, The Krishna nature within all of us.

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Senior Certified Pranic Healer Jacky Thomas will conduct this Seminar on 25th and 26th of February'2012. Prerequisite for this seminar is completion of Level 1 Pranic healing Seminar. Upcoming Level 1 Pranic Healing Seminar is on 19th and 20th of November'2011.

For Registration, please visit us at www.bodhiwellbeing.com or contact us at 403-918-6225.

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Shawarma Knight to rescue

At this spot, you'll find reliable Mediterranean eats to satisfy cravings

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▶ Donair Shawarma Platter ($9.99).

Normally I reserve my shawarma cravings for weekend nights after 2 a.m., but sometimes you just have to indulge during a weekday lunch.

The friendly staff at Shawarma Knight are some of my favourite people to visit when I'm looking for some Mediterranean fare at lunchtime.

Here, I rarely deviate from my standard order of Donair Shawarma Platter ($9.99): A plate full of rice, lemon potatoes, hummus, salad and a generous portion of donair meat. Top it with sweet garlic sauce, some hot sauce and you're good to go.

As with most Shawarma restaurants, the rice and potatoes are usually not fresh and piping hot, but I find a little extra garlic sauce will remedy that. Of course, there's also a grilled pita on the side to sop up any leftover goodness.

Finish off your lunch with a couple pieces of Baklava ($1 each), phyllo pastries filled with pistachios and soaked in honey. Actually, buy at least three.

Shawarma Knight
1512 14th St. S.W.
403-244-3999
shawarmaknight.com
Social lunch: Yes
Client negotiation: No
Co-worker lunch: Yes
Price: $6.49 - $10.99
Rating: 3.5 out of 5

THE CANADIAN PRESS H/O

Easy swiss fondue

Ingredients:

- 250 g (8 oz) Gruyere, Emmental and Appenzeller cheeses, shredded
- 7 ml (1 1/2 tsp) cornstarch
- 1 garlic clove, split in half
- 175 ml (3/4 cup) white wine
- 30 ml (2 tbsp) Kirsch (optional)
- 1 baguette, cut into cubes

Preparation:

1. In bowl, toss grated cheeses with cornstarch to coat. Rub inside of fondue pot with split garlic clove. In heavy-bottomed saucepan, heat wine to just below boiling point over medium heat. Whisk in cheeses in small amounts, adding more as cheese melts. Stir in Kirsch to make a smooth sauce.
2. Place fondue pot over fondue burner, pour in cheese mix and adjust heat so cheese keeps warm, but does not bubble. Use long-handled forks to dip bread cubes.

THE CANADIAN PRESS/ JANE RODMELL, ALL THE BEST FINE FOODS

Veggies for dessert?

Sweet Potato Brulée makes for a luscious ending

Ingredients:

- 1 sweet potato
- 125 ml (1/2 cup) pure maple syrup
- 125 ml (1/2 cup) milk
- 5 ml (1 tsp) vanilla
- 2 ml (1/2 tsp) ground ginger
- 1 ml (1/4 tsp) ground nutmeg
- Pinch salt
- 3 eggs, lightly beaten
- 30 ml (2 tbsp) brown sugar

Preparation:

1. Scrub sweet potato and trim ends; pierce with knife in several places. Microwave on High 6 to 8 mins until tender, turning over partway through cooking. When cool enough to handle, remove skin and mash with a fork until smooth.
2. In large bowl, place 250 ml (1 cup) of mashed sweet potato and whisk in maple syrup until smooth. Whisk in milk, vanilla, ginger, nutmeg and salt until smooth. Whisk in eggs one at a time.
3. Divide among six 175-ml (3/4-cup) ramekins. Set ramekins in baking pan and place pan in oven. Pour in enough hot water to come halfway up sides of ramekins. Bake in a 180 (350 F) oven for 25 to 30 mins or until filling is almost set (centre jiggles a little, but will firm up on cooling and chilling). Remove ramekins to a wire rack to cool completely. Cover; chill at least 4 hours
4. Just before serving, blot tops of custards dry with paper towel. Sprinkle 5 ml (1 tsp) brown sugar over top of each. Place on a baking tray and place under broiler, watching carefully until sugar is bubbly.

ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, AUTHOR AND A TV CHEF. (EMILYRICHARDSCOOKS.CA)/ THE CANADIAN PRESS/ FOODLAND ONTARIO

THE CANADIAN PRESS H/O

Sweet potato brulée

▶ This recipe serves six.

We listened.

Join the Bow Valley College community for the release of *Vision 2020 – A Report to Community*. Celebrate the shared vision of more than 2,000 Calgarians for Bow Valley College at its best in 2020.

A very special announcement in the history of the College will be made at the event!

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ISTOCK

▶ According to Charles the Butler, you shouldn't "give up" the ladder at the office. This means that if your boss buys you a gift, you are not required to buy them something in return. Instead, just write a thank-you note.

OFFICE GIFTS: DON'T GO OVERBOARD

Now that the holiday season is fast approaching, I'm once again confused and, more importantly, stressed about office holiday gift giving. When to give, what to give and how much to spend. Stressed for the Holidays

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLESMACPHERSON.COM

Dear Stressed for the Holidays,

The holidays are a stressful time for many people, so let's first try and take a little bit of the stress away.

Lets deal with the easy question: How much to spend?

First and foremost, you should only spend what you can afford. It is foolish to put yourself in debt just to buy someone a present. Anybody who would expect you to do that is not worth giving a present to, in my humble opinion.

Secondly, at the office, remember you technically never "give up" the ladder, so if your boss buys you something, you are not required to buy them something back. However, remember a good hand-written thank-you note will go a very long way!

And although I'm not one to push for office gifts, if everyone really wants to exchange presents, then a "Secret Santa," where you buy for one person, is just fine.

But remember to stick to the agreed-upon budget and more importantly remember to be tasteful in what you buy.

The entire office will see this and being the office clown is not always a good thing. In fact, what was funny at the time you bought it in the store can be a big disaster in a professional office setting a few days later.

Deep breath, it is all going to be OK. Just make your list, set your budget and stick to it.

Oh and one final important rule: Don't wait until the last minute; go do your shopping now and get it over with.

You will love having your feet up on a cold winter's evening when everyone else is shopping and grumpy.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

Date Night

▶ Check out a belly dancing performance to learn some new moves that you can use (wink, wink).

Ideas for your next date

1 Dinner made sexy
Check out the sultry performances of talented belly dancers as you take in an exotic meal. Bonus: You can pick up a few new moves for your next private dance!

2 Day (or night) at the museum
Take in stunning Egyptian jewellery, the fossilized remains of majestic dinosaurs, or gorgeous pre-Columbian flutes, all under the roof of your trusty local museum! Bonus: Most museums offer discounted admission on certain nights.

3 Get starry-eyed
Enjoy an unforgettable night under the stars—indoors! Explore constellations, quasars and galaxies, and feel extra lucky that the stars aligned for the two of you.

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When your kids are full of gimmes

Getting teens to give back ain't easy

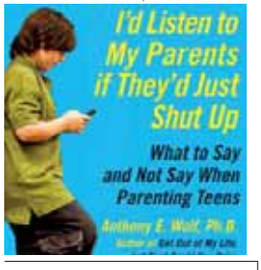
As the daughter of a minister, Jennifer James travelled often while her family served the less fortunate, from the rural heartland to the inner city. A lot of the time, she went without as a kid.

"My earliest memories are of working among the homeless in downtown Los Angeles, dipping ice cream for drunks," she said. "I learned a lot and I was a better person for it, but there was a lot of pain along the way."

In her zeal to spare her own kids, the 44-year-old mom in Oklahoma City, Okla., has given them a world she didn't know — braces on their teeth, computers and private schooling.

"Pretty soon it's like the kids just expect it and think you're giving so much because they're just that fantastic and not because you're making sacrifices," James said. "They have no paradigm for sacrifice. Now I'm trying to wind the skein of yarn back up and it's not easy."

HARPER/THE ASSOCIATED PRESS



Call it entitled child syndrome, the chronic gimmes or just plain spoiled. The lament is a familiar one for many well-meaning parents year round but intensifies at the holidays, especially among older kids who crank up gift demands but can't be coaxed to give back. It could be your reluctant volunteer hasn't found the right cause, said dad David Levinson, founder of the organization Big Sunday (Bigsunday.org).

"Everyone, even the youngest kids, has something that speaks to them, whether it's homelessness, literacy, the environment, seniors, veterans, AIDS, animals, children," he said.

THE ASSOCIATED PRESS

Holiday spirit

Can you force a teen to volunteer for a good cause?

- "If you persist there's a reasonable chance that they might actually do it, but there also is a chance that they won't," says Anthony Wolf, a psychologist and author of I'd Listen To My Parents If They'd Just Shut Up.
- "Whether they do or don't participate," he said, "the big picture is: 'What I really care about is that they basically become a good person.'"

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'Tis the season for resourcefulness

FUN AND FRUGAL

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Being resourceful throughout the holidays saves you money and reduces waste.

For example, going all out on wrapping paper and bows kills trees and costs a few dollars per present. Why not reuse gift bags you've accumulated throughout the year?

Or, if you've prepared baked goods, give them out in reusable (and returnable) Tupperware rather than in disposable plastic baggies.

Check your jacket pockets, purses, in between the couch cushions and in junk drawers for coins or bills.

Saving money throughout the holidays isn't the same as being a cheapskate. Both your bank account and the environment benefit from your resourcefulness.

ISTOCK

▶ Don't start the New Year with a financial hangover from December.

Do you have partially used gift cards taking up space in your wallet? Have you cashed in all your Groupons?

Use up any leftover pennies, dollars and coupons toward gift purchases.

Next, check for re-gift opportunities. Did you get duplicate copies of your favourite book for your birthday?

Or did you win an iPod at work that you don't need because your existing one is perfectly fine?

Don't be embarrassed by re-gifting. If you can't use something, give it away. Otherwise it'll go to waste and collect dust.

What loyalty programs do you belong to? Air Miles, Aeroplan, credit card rewards, grocery store points?

Depending on your loyalty program you could cash in your points for gifts such as electronics or travel.

If you're of the mindset that you should keep saving up your points for a massive trip in a few years from now, think again.

The longer you wait to redeem points, the more likely it is the point system will change and adjust to the increasing cost of providing the rewards.

Thus, your points become less 'rewarding' over time. Take advantage of them this holiday season and save money!

Saving money throughout the holidays isn't the same as being a cheapskate.

Both your bank account and the environment benefit from your resourcefulness.

JEFF VINNICK/GETTY IMAGES

▶ Wally Buono

Lions think Buono will walk away a champion

B.C. Lions players expect Wally Buono to relinquish his coaching duties but retain a management role after guiding the CFL club to a Grey Cup victory.

"I don't think he'll come back as coach, but I don't think he's just going to step away from football," said Lions defensive back Korey Banks yesterday at their practice facility.

Buono, who is currently general manager and coach, led the Lions to a championship Sunday in a 34-23 win over Winnipeg.

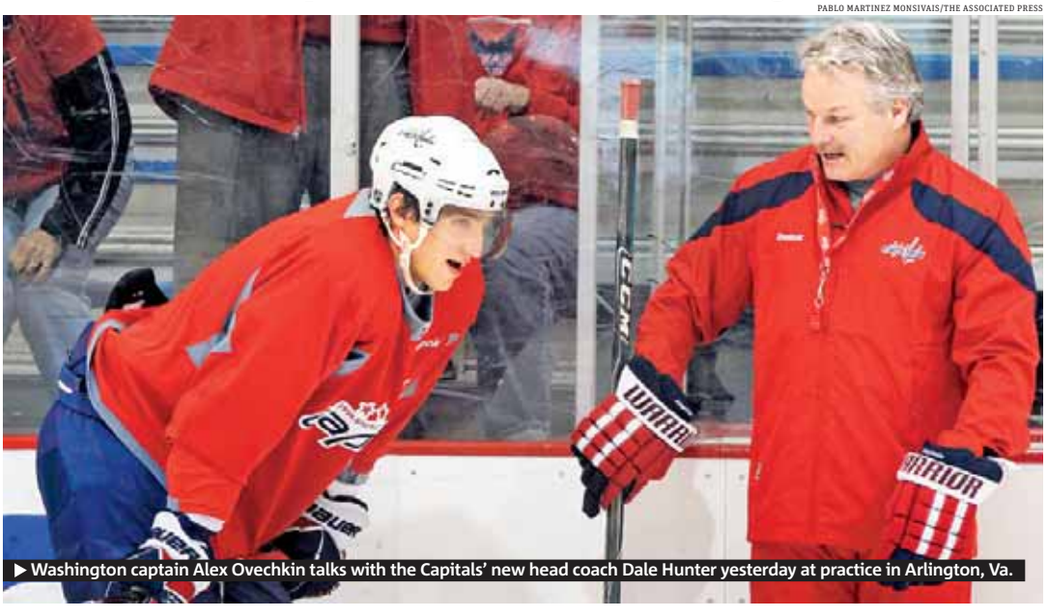
Players say Buono has not told them of his decision, but the CFL's all-time winningest coach will not come back with the sole purpose to win a sixth Grey Cup as head coach.

"You have to respect the game and you have to respect the tradition of Grey Cup, but if that's your motivation, I think that's very selfish," said Buono, a head coach for 22 seasons. "It's not about that. What I've got to decide on is what I think is best for the organization, but I've also gotta decide on what's best for me." THE CANADIAN PRESS

Shuffling the decks

Caps fire Boudreau, while Canes can Maurice on Black Monday for NHL coaches ◐ Hunter steps behind D.C. bench and Muller given Carolina job

PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS



▶ Washington captain Alex Ovechkin talks with the Capitals' new head coach Dale Hunter yesterday at practice in Arlington, Va.

Trouble was in the air at least a couple weeks before the axe came down on Bruce Boudreau and Paul Maurice.

With the Washington Capitals and Carolina Hurricanes losing more than they were winning, both men knew they were on thin ice before getting fired hours apart yesterday.

Boudreau and Maurice shared similar headaches.

The captains of both teams are struggling mightily. As of yesterday, Eric Staal of the Hurricanes was a league-worst minus-17 and on pace for his lowest point total since his rookie year. Washington's Alex Ovechkin, once the NHL's undisputed goal-scoring king, was tied for 38th in that category.

"This wasn't a slump. You can ride out slumps. This was simply a case of the players no longer responding to Bruce."
CAPITALS GM GEORGE MCPHEE ON FIRING COACH BRUCE BOUDREAU

The most telling sign of trouble was when both men started making bold moves. Boudreau feuded with Ovechkin this season and scratched veterans Joel Ward and Alex Semin, but Washington still lost six of eight. Maurice benched defenceman Tomas Kaberle on Sunday for a game Carolina lost 4-3 in Ottawa.

Boudreau had been under fire for a calendar year, dating back to a long slide last December and punctuated with a sweep by Tampa Bay in the second round of the playoffs. Washington named former Capital Dale Hunter as his replacement.

"I think Bruce came in here and emptied the tank," Capitals GM George McPhee said in Arlington, Va. "When that happens, you get a new coach where the tank is full and see if it makes a difference."

Maurice was in his second stint with the Hurricanes and was expected to help a team with modest talent overachieve. With the playoffs slipping from view, Carolina GM Jim Rutherford decided to see if Kirk Muller can get more out of the players than Maurice.

"We feel confident that he is the right man to lead our team now and in the future," said Rutherford.

Both Muller and Hunter will be NHL head coaches for the first time — Muller arrives from the AHL's Milwaukee Admirals and Hunter from the OHL's London Knights.
THE CANADIAN PRESS

Hockey Canada invites 41 to selection camp

The pool of players asked to reclaim gold for Canada at the world junior hockey championship has more thoroughbred than plowhorse in it.

Hockey Canada head scout Kevin Prendergast invited 41 players to try out at selection camp Dec. 10-14 in Calgary. Twenty-two will be chosen for the 2012 world junior championship opening Boxing Day in Calgary and Edmonton.

"We did have a lot of skill on the team last year, but these guys I think are more finesse players," Prendergast said yesterday at a news conference in Calgary.

"It's going to be a quick camp. Players have got to come and show us as soon as possible what they can do."
HEAD COACH DON HAY

"We have a lot of great puck handlers and guys who distribute the puck very, very well and make players around them better. Last year's team had more of a blue-collar atmosphere around it."

Canada settled for silver at the 2011 tournament in Buffalo, N.Y. The Canadians led 3-0 heading into the third period of the gold-medal game, but Russia scored five unanswered goals to take the title.

Moose Jaw Warriors forward Quinton Howden is one of three players invited again to selection camp who experienced that heartbreak. Forward Jaden Schwartz of Colorado College wasn't able to play in the final because he fractured his ankle in the tournament's second game.

Niagara IceDogs goaltender Mark Visentin was in net for the championship game. Of the four 19-year-old goalies invited to camp, the starting job is his to lose because he's the only one with previous tournament experience.

"They're going to count on me and Schwartz and Visentin," Howden said. "It's all our jobs to help guys out and hopefully show them the way back to getting gold medal."

Sixteen invitees are from the Western Hockey League, 15 are out of the Ontario Hockey League, eight come from the Quebec Major Junior Hockey League and two are from U.S. colleges.
THE CANADIAN PRESS

4 sports

Flames preview

Predators at Flames
7:30 p.m.
TV: TSN

Nashville (11-8-4) continues its trip through Western Canada hoping to gain back some ground in the Central Division. The Predators were winless in their last four games before beating Edmonton 2-1 last night. Leading scorer Craig Smith has gone cold, with just three assists in his last eight games. With back-to-back games to start the week and Pekka Rinne struggling, backup goaltender Anders Lindback may see a rare start.
THE CANADIAN PRESS

Scan code for more sports.

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	24	14	6	2	2	77	59	32	8-1-2-0	6-5-0-2	6-3-1-0	W2
d-Toronto	**24**	**14**	**8**	**1**	**1**	**79**	**75**	**30**	**6-3-1-1**	**8-5-0-0**	**5-4-0-1**	**W3**
d-Florida	23	12	7	1	3	64	59	28	5-2-1-3	7-5-0-0	6-3-1-0	L2
Boston	22	14	7	0	1	75	47	29	9-5-0-1	5-2-0-0	9-0-0-1	W1
Philadelphia	23	13	7	2	1	82	68	29	6-4-1-1	7-3-1-0	6-3-1-0	L1
NY Rangers	20	12	5	1	2	56	42	27	6-1-0-1	6-4-1-1	8-2-0-0	W2
Buffalo	23	13	9	0	1	67	61	27	6-6-0-1	7-3-0-0	5-4-0-1	W1
Washington	22	12	9	0	1	70	73	25	8-2-0-1	4-7-0-0	3-6-0-1	L2
New Jersey	22	12	9	0	1	57	58	25	5-4-0-1	7-5-0-0	6-4-0-0	L1
Tampa Bay	23	11	10	0	2	63	72	24	7-3-0-0	4-7-0-2	5-5-0-0	L1
Ottawa	23	11	10	1	1	69	79	24	6-4-0-1	5-6-1-0	4-4-1-1	W1
Montreal	24	10	10	2	2	61	60	24	4-5-2-2	6-5-0-0	4-3-2-1	L2
Winnipeg	23	9	10	3	1	66	74	22	5-3-0-0	4-7-3-1	4-4-2-0	L1
Carolina	25	8	13	2	2	60	83	20	5-6-0-2	3-7-2-0	3-7-0-0	L3
NY Islanders	21	6	11	3	1	41	68	16	5-6-2-0	1-5-1-1	2-6-2-0	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Chicago	24	14	7	1	2	79	74	31	7-1-0-2	7-6-1-0	6-4-0-0	W2
d-Minnesota	24	14	7	2	1	57	53	31	9-4-1-0	5-3-1-1	7-3-0-0	W1
d-Dallas	24	14	9	0	1	62	65	29	8-3-0-1	6-6-0-0	3-6-0-1	W1
Detroit	22	14	7	1	0	65	49	29	9-2-1-0	5-5-0-0	8-2-0-0	W5
St. Louis	23	13	8	0	2	57	49	28	8-2-0-1	5-6-0-1	7-1-0-2	W3
San Jose	20	13	6	1	0	60	46	27	6-4-1-0	7-2-0-0	7-2-1-0	L1
Phoenix	22	12	7	1	2	61	56	27	7-4-1-1	5-3-0-1	6-3-1-0	W1
Vancouver	23	13	9	0	1	69	59	27	5-3-0-1	8-6-0-0	7-3-0-0	W4
Nashville	23	11	8	3	1	60	62	26	4-3-2-1	7-5-1-0	4-4-2-0	W1
Los Angeles	23	11	8	2	2	55	55	26	6-6-0-1	5-2-2-1	5-4-1-0	L2
Edmonton	24	12	10	0	2	65	60	26	6-3-0-1	6-7-0-1	3-7-0-0	L2
Colorado	24	10	13	1	0	62	73	21	4-9-0-0	6-4-1-0	3-7-0-0	L1
Calgary	22	9	12	1	0	50	60	19	4-5-1-0	5-7-0-0	4-6-0-0	W1
Anaheim	23	6	13	1	3	50	77	16	4-8-0-0	2-5-1-3	1-8-0-1	L7
Columbus	23	6	14	0	3	54	75	15	5-7-0-1	1-7-0-2	4-6-0-0	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Nashville 2 Edmonton 1

Dallas 3 Colorado 1

Minnesota 3 Tampa Bay 1

San Jose at Los Angeles

Sunday's results

Calgary 5 Minnesota 2

Ottawa 4 Carolina 3

Toronto 5 Anaheim 2

St. Louis 2 Columbus 1

Tonight's games

N.Y. Islanders at Buffalo, 7 p.m.

St. Louis at Washington, 7 p.m.

Florida at Carolina, 7 p.m.

Pittsburgh at N.Y. Rangers, 7:30 p.m.

Ottawa at Winnipeg, 8:30 p.m.

Phoenix at Chicago, 8:30 p.m.

Nashville at Calgary, 9:30 p.m.

Columbus at Vancouver, 10 p.m.

Tomorrow's games

Boston at Toronto, 7 p.m.

Tampa Bay at Detroit, 7:30 p.m.

New Jersey at Colorado, 9:30 p.m.

Minnesota at Edmonton, 9:30 p.m.

Montreal at Anaheim, 10 p.m.

PREDATORS 2, OILERS 1

First Period

1. Edmonton, Eberle 8 (Nugent-Hopkins) 7:07

Penalty — Weber Nash (roughing) 8:49.

Second Period

2. Nashville, Weber 4 (Suter, Lindback) 11:34 (pp)

Penalties — Tootoo Nash (diving), Jones Edm (elbowing major), Peckham Edm (cross-checking) 6:35, Kostitsyn Nash (interference) 6:55, Josi Nash (tripping) 8:31, Tootoo Nash (high-sticking) 18:51.

Third Period

3. Nashville, Spaling 3 (Tootoo, Smith) 12:21

Penalty — Teubert Edm (high-sticking) 2:25.

Shots on goal by

Nashville	6	16	9	31
Edmonton	4	7	7	18

Goal — Nashville: Lindback (W,1-1-0); Edmonton: Khabibulin (L,9-5-2).

Power plays (goals-chances) — Nashville: 1-3; Edmonton: 0-3.

Referees — Tom Kowal, Kyle Rehman. **Linesmen** — Thor Nelson, Jay Sharrers.

Att. — 16,839 (16,839) at Edmonton.

SCORING LEADERS

	G	A	PT
Kessel, Tor	16	15	31
Giroux, Pha	13	16	29
Lupul, Tor	11	18	29
Vanek, Buf	12	14	26
Versteeg, Fla	12	14	26
Toews, Chi	13	12	25
Pominville, Buf	9	16	25
Backstrom, Wash	7	18	25
D.Sedin, Vcr	6	19	25
Stamkos, TB	14	10	24
Smyth, Edm	12	12	24
Kopitar, LA	10	14	24
Nugent-Hopkins, Edm	10	14	24
H.Sedin, Vcr	8	16	24
Neal, Pgh	13	10	23
Seguin, Bos	12	11	23
Fleischmann, Fla	10	13	23
Ma.Hossa, Chi	9	14	23
Eberle, Edm	7	16	23
P.Kane, Chi	7	16	23
Benn, Dal	6	17	23
Franzen, Det	10	12	22
Sharp, Chi	10	12	22
Malkin, Pgh	8	14	22
Selanne, Ana	8	14	22
Spezza, Ott	8	14	22
Weiss, Fla	8	14	22
Skinner, Car	9	12	21
J.Thornton, SJ	5	16	21
Karlsson, Ott	1	20	21
Pavelski, SJ	11	9	20
Eriksson, Dal	10	10	20
Marleau, SJ	10	10	20
Elias, NJ	8	12	20
Plekanec, Mtl	5	15	20
Vrbata, Phx	11	8	19
Pacioretty, Mtl	10	9	19
M.Richards, LA	10	9	19
Hartnell, Pha	9	10	19
Filpula, Det	7	12	19
Datsyuk, Det	6	13	19
Dupuis, Pgh	6	13	19
Prospal, Clb	6	13	19
St. Louis, TB	6	13	19
M.Bergeron, TB	3	16	19
Letang, Pgh	3	16	19
Campbell, Fla	2	17	19
Michalek, Ott	12	6	18
J.Staal, Pgh	12	6	18
Perry, Ana	10	8	18
Hall, Edm	7	11	18
Ra.Whitney, Phx	7	11	18
Phaneuf, Tor	3	15	18
Gaborik, NYR	10	7	17
Lecavalier, TB	10	7	17
Duchene, Col	9	8	17
Marchand, Bos	8	9	17
Ovechkin, Wash	8	9	17
Nash, Clb	7	10	17
Wellwood, Wpg	7	10	17
P.Bergeron, Bos	6	11	17
Jagr, Pha	5	12	17
M.Koivu, Minn	3	14	17
E.Kane, Wpg	10	6	16
Kelly, Bos	9	7	16
Adam, Buf	8	8	16
B.Richards, NYR	8	8	16
Lucic, Bos	8	8	16
van Riemsdyk, Pha	8	8	16
Steen, StL	8	8	16
Tavares, NYI	8	8	16
Briere, Pha	7	9	16
Horcoff, Edm	7	9	16
C.Smith, Nash	7	9	16
Bozak, Tor	6	10	16
Lidstrom, Det	6	10	16
Roy, Buf	6	10	16
Byfuglien, Wpg	5	11	16

Last night's games not included

CFL PLAYOFFS

GREY CUP

At Vancouver

Sunday's result

B.C. 34 Winnipeg 23

LATE SUNDAY

LIONS 34, BLUE BOMBERS 23

First Quarter

B.C. — TD Harris 19 run (McCallum convert) 8:27

B.C. — FG McCallum 22 11:34

B.C. — Single McCallum 57 14:34

Second Quarter

B.C. — FG McCallum 16 10:28

Wpg — FG Palardy 30 12:24

Wpg — FG Palardy 15 14:30

Third Quarter

Wpg — FG Palardy 33 4:50

B.C. — FG McCallum 22 12:16

B.C. — TD K.Johnson 66 pass from Lulay (McCallum convert) 14:53

Fourth Quarter

B.C. — TD Bruce 6 pass from Lulay (McCallum convert) 8:10

Wpg — TD Carr 45 pass from Pierce (Palardy convert) 11:22

Wpg — TD Edwards 13 pass from Pierce (Palardy convert) 13:23

B.C. — FG McCallum 33 14:02

Winnipeg	**0**	**6**	**3**	**14**	**—23**
B.C.	**11**	**3**	**10**	**10**	**—34**

Attendance — 54,313.

TEAM STATISTICS

	Wpg	B.C.
First downs	13	19
Yards rushing	41	91
Yards passing	250	320
Total offence	291	411
Team losses	5	7
Net offence	286	404
Passes made-tried	19-37	21-38
Return yards	178	175
Intercepts-yards by	0-0	1-0
Fumbles-lost	0-0	0-0
Sacks by	1	1
Punts-average	9-36.1	9-44.2
Penalties-yards	6-35	7-72
Time of possession	25:20	34:40

Net offence is yards passing, plus yards rushing, minus team losses such as yards lost on broken plays.

INDIVIDUAL STATISTICS

Rushing: Wpg — Garrett 8-26, Pierce 4-17, Denmark 1-minus-2; **B.C.** — Harris 10-65, J.Jackson 3-16, Lulay 2-8, Brown 2-2.

Receiving: Wpg — Carr 7-107, Edwards 6-83, Watson 3-42, Garrett 2-12, Hargreaves 1-6; **B.C.** — K.Johnson 2-81, Simon 4-79, Bruce 5-73, P.Jackson 2-43, Gore 3-18, Foster 1-12, Harris 1-6, Lumbala 1-6, Iannuzzi 2-2.

Passing: Wpg — Pierce 19-37, 250 yards, 2 TDs, 1 int; **B.C.** — Lulay 21-37-320-2-0, Harris 0-1-0-0-0.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	8	3	0	.727	331	223
N.Y. Jets	6	5	0	.545	256	241
Buffalo	5	6	0	.455	261	281
Miami	3	8	0	.273	212	206

SOUTH

	W	L	T	Pct	PF	PA
Houston	8	3	0	.727	293	179
Tennessee	6	5	0	.545	226	212
Jacksonville	3	8	0	.273	138	200
Indianapolis	0	11	0	.000	150	327

NORTH

	W	L	T	Pct	PF	PA
Baltimore	8	3	0	.727	272	182
Pittsburgh	8	3	0	.727	233	188
Cincinnati	7	4	0	.636	259	215
Cleveland	4	7	0	.364	165	216

WEST

	W	L	T	Pct	PF	PA
Oakland	7	4	0	.636	260	274
Denver	6	5	0	.545	221	260
Kansas City	4	7	0	.364	153	265
San Diego	4	7	0	.364	249	275

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	7	4	0	.636	270	225
N.Y. Giants	6	5	0	.545	252	277
Philadelphia	4	7	0	.364	257	251
Washington	4	7	0	.364	183	222

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	8	3	0	.727	362	252
Atlanta	7	4	0	.636	259	227
Tampa Bay	4	7	0	.364	199	291
Carolina	3	8	0	.273	252	305

NORTH

	W	L	T	Pct	PF	PA
Green Bay	11	0	0	1.000	382	227
Chicago	7	4	0	.636	288	232
Detroit	7	4	0	.636	316	246
Minnesota	2	9	0	.182	214	295

WEST

	W	L	T	Pct	PF	PA
San Francisco	9	2	0	.818	262	161
Seattle	4	7	0	.364	185	232
Arizona	4	7	0	.364	213	256
St. Louis	2	9	0	.182	140	270

WEEK 12

Last night's result

N.Y. Giants at New Orleans

Sunday's results

Cincinnati 23 Cleveland 20

N.Y. Jets 28 Buffalo 24

Oakland 25 Chicago 20

Arizona 23 St. Louis 20

Tennessee 23 Tampa Bay 17

Houston 20 Jacksonville 13

Carolina 27 Indianapolis 19

Denver 16 San Diego 13 (OT)

Atlanta 24 Minnesota 14

New England 38 Philadelphia 20

Washington 23 Seattle 17

Pittsburgh 13 Kansas City 9

WEEK 13

Thursday's game

All times Eastern

Philadelphia at Seattle, 8:20 p.m.

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

BALTIMORE ORIOLES—Named Gary Rajsich director of amateur scouting.

TAMPA BAY RAYS—Agreed to terms with C Jose Molina on a one-year contract.

NATIONAL LEAGUE

HOUSTON ASTROS—Fired president of baseball operations Tal Smith and general manager Ed Wade. Named Dave Gottfried interim general manager.

MILWAUKEE BREWERS—Named Johnny Narron hitting coach.

FOOTBALL

NFL

HOUSTON TEXANS—Placed QB Matt Leinart on injured reserve.

NEW YORK JETS—Released S Emanuel Cook. Signed LB Ricky Sapp to the practice squad. Released LB Eddie Jones from the practice squad.

SEATTLE SEAHAWKS—Placed LB David Vobora on injured reserve. Claimed LB Adrian Moten off waivers from Indianapolis.

HOCKEY

NHL

ANAHEIM DUCKS—Assigned LW Brandon McMillan to Syracuse (AHL).

BUFFALO SABRES—Reassigned F Paul Szczechura, F Corey Tropp and D T.J. Brennan to Rochester (AHL).

CAROLINA HURRICANES—Fired coach Paul Maurice. Named Kirk Muller coach.

DETROIT RED WINGS—Recalled F Fabian Brunnstrom from Grand Rapids (AHL).

FLORIDA PANTHERS—Reassigned G Jacob Markstrom and RW Michal Repik to San Antonio (AHL).

TAMPA BAY LIGHTNING—Re-signed F Dana Tyrell to a two-year contract.

WASHINGTON CAPITALS—Fired coach Bruce Boudreau. Named Dale Hunter coach.

AHL

GRAND RAPIDS GRIFFINS—Announced F Andrej Nestrasil, F Trevor Parkes and D Gleason Fournier were reassigned to Toledo (ECHL). Recalled F Adam Estoclet from Toledo.

HAMILTON BULLDOGS—Named Naila Jinnah director of media relations.

MILWAUKEE ADMIRALS—Named Ian Herbers coach.

TEXAS STARS—Signed G Jimmy Spratt. Recalled F Michael Neal from Idaho (ECHL).

SOCCER

MLS

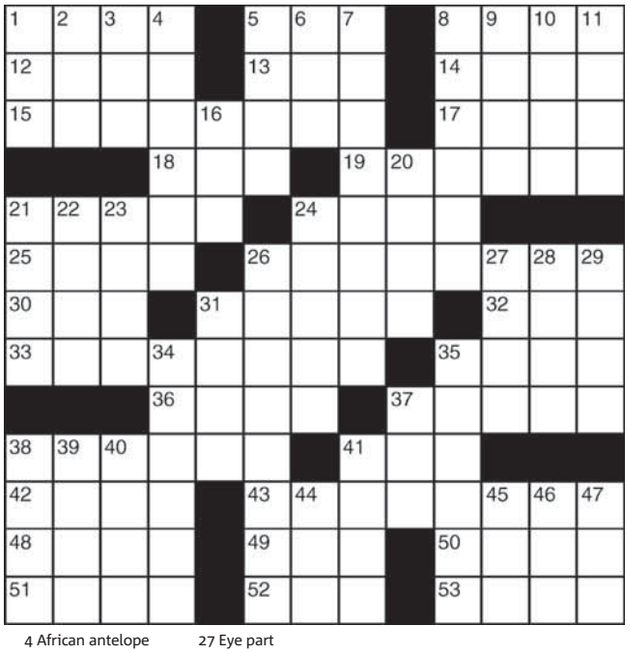
LA GALAXY—Traded G Donovan Ricketts to Montreal for allocation money.

MONTREAL IMPACT—Signed MF Bryan Arguez.

PORTLAND TIMBERS—Announced the retirement of D Kevin Goldthwaite. Re-signed G Troy Perkins and D David Horst. Declined the contract options for G Adin Brown, MF Rodrigo Lopez, MF Peter Lowry, MF Ryan Pore, F Spencer Thompson and F Brian Umony.

SPORTING KANSAS CITY—Traded MF Davy Arnaud to Montreal for D Seth Sinovic and allocation money. Signed G Jimmy Nielsen to a two-year contract extension through 2013.

Crossword



Across

1 "Zounds!"
5 Oft-bracketed word
8 Scruff of the neck
12 Actress Spelling
13 Fed. med. agency
14 Hebrew month
15 Mixed drink
17 "The other white meat"
18 Party staple
19 Brownish-yellow shades
21 Characteristic
24 Spruce or sycamore
25 Batting champ Aaron
26 Aviation timesaver, maybe
30 "I'll take that as — "
31 Principal force
32 Fish eggs
33 Trachea
35 Baseball team
36 Libertine
37 Man of morals?
38 Honor
41 Have bills
42 Old Italian money
43 "Hush!"
48 Slender
49 Weeding tool
50 Maui feast
51 "Desire Under the —"
52 Helios
53 Formerly, formerly

Down

1 And so on (Abbr.)
2 Sticky stuff
3 Curved line
4 African antelope
5 Break suddenly
6 Midafternoon, on a sundial
7 Bleach ingredient
8 Family member
9 Lotion additive
10 Kitten's call
11 31-Down members
16 — for tat
20 Highlander
21 Dissolve
22 Hindu royal
23 In due time
24 Hosiery hue
26 Victories
27 Eye part
28 "—, Nanette"
29 Profound
31 Fraternal grp.
34 Reveries
35 Thread partner
37 Overwhelm
38 Otherwise
39 Window ledge
40 Decorate
41 Admitting customers
44 Debtor's letters
45 "— Town"
46 Existed
47 Eccentric

▶ Yesterday's answer

M	I	T		A	M	E	N	D		C	B	S
A	D	O		B	O	W	I	E		O	A	T
C	O	M	P	O	N	E	N	T		M	B	A
			A	D	S		J	A	S	P	E	R
J	A	C	K	E	T		A	C	H	E		
E	G	O		S	E	W		H	O	N	O	R
S	U	M	S		R	O	C		E	D	N	A
T	A	P	E	R		W	A	D		I	O	N
		A	L	E	S		N	E	W	A	R	K
N	O	N	F	A	T		A	M	I			
A	L	I		C	O	M	P	U	T	E	R	S
B	I	O		T	R	I	E	R		L	Y	E
S	O	N		S	E	N	S	E		F	E	E

Sudoku

			5	4			9	7
6	3			7	1			2
	2				8		6	
	6	7				8	1	
	4		9				5	
7			6	8			3	1
2	1			3	9			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	3	9	5	8	7	4	2	6
6	4	7	3	2	1	8	9	5
2	5	8	6	9	4	1	3	7
7	2	4	9	1	6	5	8	3
5	9	1	8	7	3	6	4	2
3	8	6	2	4	5	7	1	9
9	6	5	4	3	8	2	7	1
8	1	3	7	5	2	9	6	4
4	7	2	1	6	9	3	5	8

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Davidson
Dear Davidson <3, We've been together for so long. And I'm sure your heart's been aching. Don't worry, because I'm never gonna give you up. or let you down. I won't even run around. Because I'll never forget you. Love,
FROM RASTLEY

My Special Prince Charming Fear not my sweet darling, I am waiting impatiently for you to contact me anytime and leave me a message. I really want to hear your voice and be forever with you. You are my special and true love! We have to be strong and have faith and hope if we really have the same feelings for each other! Love you very, very much! No matter what happens, you are and will be in my heart for ever and ever... With all my love and kisses...
FROM C. L. YOURS FOREVER

A look at the weather

Andrew Schultz, Meteorologist
BT BREAKFAST TELEVISION

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 5:30 A.M.**

TODAY	WEDNESDAY	THURSDAY
Min -5°	Min -1°	Min 4°
Max 5°	Max -1°	Max 5°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 If you are the kind of Aries who likes to travel you could find yourself a long way from home today — and enjoying yourself immensely.

♉ Taurus April 21-May 21 Either you love what you are doing, or you do something else.

♊ Gemini May 22-June 21 You will be under a lot of pressure today and because the pressure comes from partners and colleagues you could fall out with someone.

♋ Cancer June 22-July 22 You'll be busy and you may find it hard to catch your breath over the next 24 hours.

♌ Leo July 23-Aug.23 You are in the mood to take action.

♍ Virgo Aug. 24- Sept. 22 You'll have to tread carefully when dealing with loved ones.

♎ Libra Sept. 23-Oct. 23 No matter how irritating others may be you must not let them get under your skin.

♏ Scorpio Oct. 24-Nov. 22 What happens today may be important but it's how you choose to react to it that matters more.

♐ Sagittarius Nov. 23-Dec. 21 You seem to be remarkably assertive at the moment, which is good, but try not to give others the impression that the only thing you care about is your own greater glory, even if it happens to be true!

♑ Capricorn Dec. 22-Jan. 20 Are you afraid to say something because it might upset powerful people? Speak up.

♒ Aquarius Jan. 21-Feb. 18 Life is many things, but most of all it is there to be enjoyed.

♓ Pisces Feb. 19-March 20. You seem to have energy to spare at the moment and if you are smart you will channel it into your work or career. **SALLY BROMPTON**

MISHA JAPARIDZE/THE ASSOCIATED PRESS

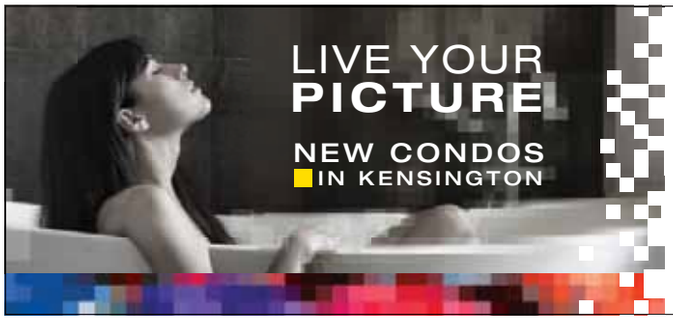
Caption contest

HEIKKI SAUKKOMAA/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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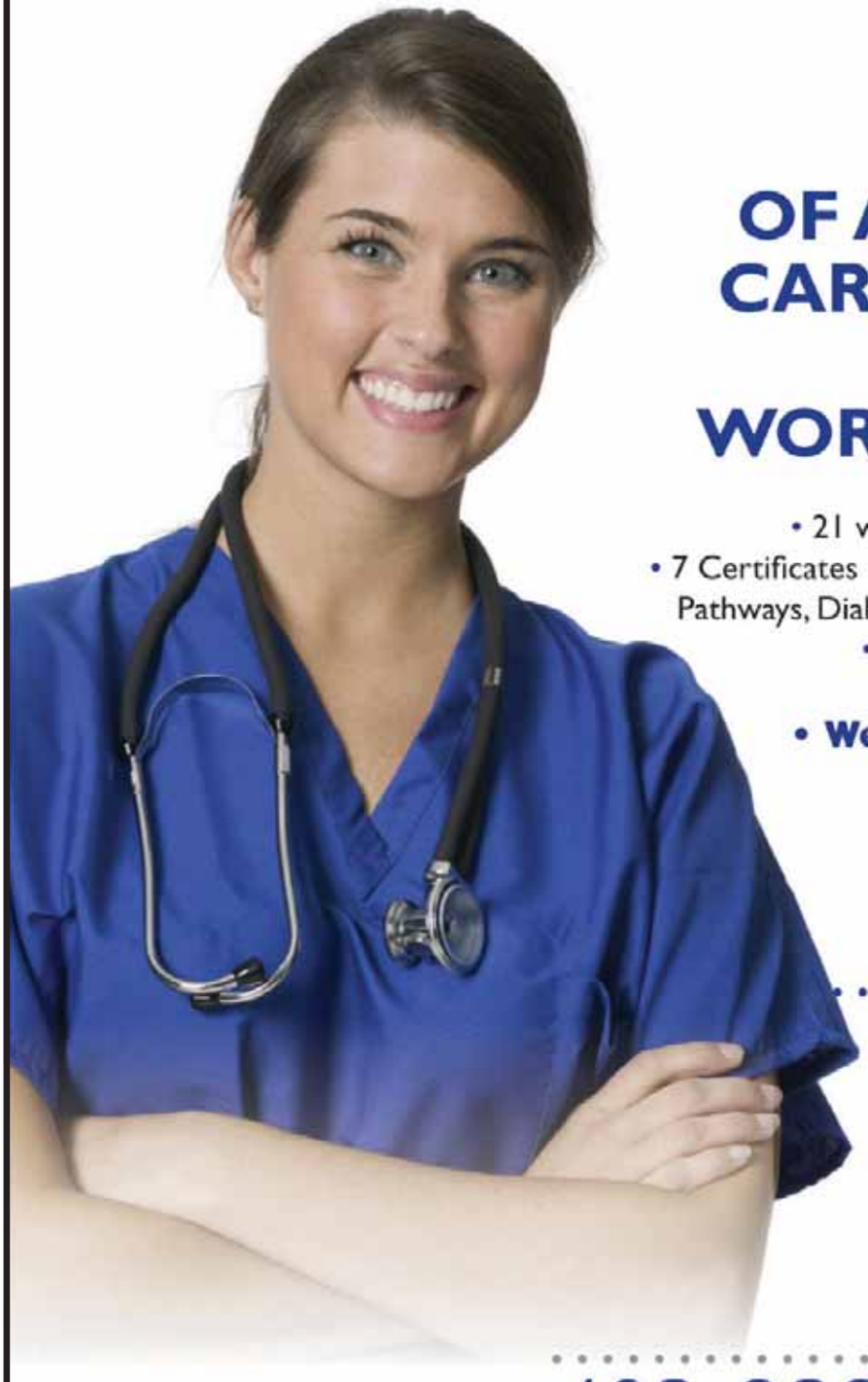

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